

# NEW HORIZONS

Introducing New Horizons, for anyone over the age of 50 living in and around Frodsham.

New Horizons aims to connect people with activities in their community, particularly those who for whatever reason feel they would like to do more. OPAL aims to provide a 'buddy' or the support a person needs to participate in activities in the Frodsham area.



So if you are new to the area, or just feel like you need a new interest or something to fill some spare time, why don't you contact us for a chat?

Please contact Julie Ennis on 07512 632515 or Jean Toyn 07563 156220. Or email [julie.ennis@opalservices.org.uk](mailto:julie.ennis@opalservices.org.uk) or visit the website [www.opalservices.org.uk](http://www.opalservices.org.uk)

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**OLDER PEOPLE, ACTIVE LIVES IN THE RURAL COMMUNITY**  
Helping to reduce social isolation in your local area