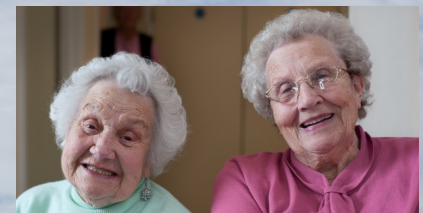


# Active Lives

The Elder Tree is a befriending organisation that delivers 36 activities for the over 50's. Active Steps is part of the 'Healthy Lives' programme which encompasses the delivery of 17 movement sessions across the City of Plymouth.

There are a range of both chair-based and standing movement sessions to cater for all abilities. Active Steps uses a contemporary approach that encompasses influences from different dance styles and music genres to deliver safe movement sessions for older people. The Healthy Lives programme currently has 300 people participating in at least 1 hour of activity every week.

Befriending is at the heart of our organisation, we have a great balance of delivering what people want and need in a fun and friendly social environment. It's simply about the people! The aim is to encourage people to stay active for longer, have great social circles to shimmy between and generally stay connected. Working with older people is really not what you might expect!



Registered Charity No 1124248

Dance isn't for everyone so the Elder Tree also offers one-to-one befriending, lunch clubs, men's clubs, coffee mornings, Tai Chi and cardio fit activities. There is something for everyone! Whether you are an artist or student wanting to find out more or you have parents/grandparents who might want to try our sessions then please get in contact with Jenny Horton-Plant or Alex Hocking on **01752 227447** All inquiries are welcome.