



The Golden Girls Club

Building communities (St Eds & Ips)

A widow wanted to reach out to other ladies who like her might be feeling a little bit lonely.

This grew into the Golden Girls Club, an opportunity for people who might be feeling a bit isolated from the community to meet up every week.



People come along on a regular basis, and feel that they have a club to belong to.

"I find that the 'girls' are so keen, so eager to try anything, it's wonderful to see them enjoying things that they would never have tried on their own"

The group have visits out to farm shops, garden centres, restaurants.

For general guidelines about setting up and developing outreach initiatives, go to the members' section of the Mothers' Union website www.themothersunion.org