



**Thursday 26<sup>th</sup> March 2026**

**Age UK Plymouth, The William and Patricia Venton Centre,**

**Mount Gould, Plymouth, PL4 9RD**

**(parking at the Centre and on road nearby)**

**12.30 Arrival, tea, coffee and chat**

**1.00 Lunch – cold buffet, cake, fresh fruit.**

**1.30 Round room discussion and more chat**

Our Topic will be: *What's keeping you awake at night?*

*We'll be sharing our common challenges and (hopefully) our collective wisdom and experience. Please give some thoughts to the topics you would like covered.*

Our Facilitator will be Sarah Pryce (The Critical Friend)

**Cost £15 per person**

To book please complete our booking form and email to [jackie@shinecharityrecruitment.co.uk](mailto:jackie@shinecharityrecruitment.co.uk) by 19<sup>th</sup> March 2026 and we will send you an invoice.



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