

Would you like to meet and make new friends?

Are you fed up with being at home?

Are you missing seeing people?

**Do you feel down and wonder where you'll get the energy to
change things?**

**Start turning your life around by ringing Louise 01243 513253, Bruce
01243 514129, Lynne 01243 512606 or Victoria 07376046229 TODAY,
and book to come to OTB next Wednesday**

Outside the Box

**We are a friendly, local, all age social group who meet every
Wednesday and offer company, conversation, fun activities, trips to
the beach, a tasty homecooked lunch and, most importantly,
friendship.**

Wednesdays 11am – 2pm

**Come along and see us in The St James Centre, Birdham and once a
month in The Church Room, West Wittering.**

**Places are free but booking is required just to ensure we have
enough lunch to go around!**

If transport is a problem please give us a call.

