



***Transforming the lives of older people, through companionship, exercise and fun!***

Roar - Connections For Life is a charity registered in Scotland, and our goal is to empower older adults through mental wellbeing and physical ability, so they can stay active, independent and in-charge!

**We have over 10 years' experience...**

With over a decade of experience, our highly experienced team works with hundreds of older adults across the whole of Renfrewshire.

Understanding the problems of loneliness, social isolation and falls prevention in old age has led us to success, both in working across the generations and providing that crucial one to one support. We offer a wide range of services to help with a myriad of aging issues.

## Meet the team

Our highly qualified team are passionate about what they do, and are here to support you each step of the way.

The team you will be working with have a broad range of skills and have years of experience in working with older adults in early intervention and prevention. Between them, they bring to Stronger For Longer a background in Nursing, expertise and qualifications in Otago Strength & Balance Exercises, and successes in working alongside local GP Practices in frailty prevention projects.



**Clare**

Prevention Services Coordinator



**Claire**

Prevention Services Project Worker

Roar - Connections For Life is a company limited by guarantee, (Company number: SC390855) and a charity registered in Scotland, Charity number: SC042041)



**STRONGER  
FOR LONGER**



## What you can expect from us



We will **listen** and talk to **YOU**. We know that every individual is different and will tailor-make a programme just for you.



We will provide you with the tools you need to keep active and connected in your community.



A completely FREE service



## What is 'Stronger For Longer'?

Roars 'Stronger for Longer' programme provides those aged 65+ with the tools to help prevent home accidents and falls, giving you or your older relative the confidence to take the next steps back into socialising and **enjoying later life**.

This service offers you an opportunity to talk **confidentially** to one of our qualified staff who will listen to you, understand any challenges you or your older relative are experiencing and help find solutions that will work for you.

We can come to chat with you at your home or arrange for you to come to us.

Research has proved that strength and balance can be improved at any age, and with our guidance and your dedication, we can work together to improve your physical and mental wellbeing - Keeping you...



## Contact Us



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