

# BUDDY UP WITH AN OLDER PERSON!

**Bradford District Buddies** is a new scheme where you can be paired with a like-minded older person with similar interests and hobbies.

**Help develop friendships, networks of support and new social circles for older people.**



Swimming, cinema, theatre or football, a gym buddy or a regular meal out – it's about supporting older people to do whatever they say is important and of interest to them.

We want people who can buddy at least twice a month for a minimum of a year.

**FIND OUT MORE**  
**01274 391190 or email [info@ageukbd.org.uk](mailto:info@ageukbd.org.uk)**

# What is Bradford Buddies?

**Bradford Buddies** is part of a wider Bradford District Council funded scheme that aims to support people of different ages and with different needs across the district – so if we can't help there may be others that can!

Age UK Bradford District Buddies is for anyone over 50, living anywhere in the Bradford District Council area.

We want to support older people to live their best life and

- Feel less alone
- Be more connected
- Become more independent
- Feel happier and healthier

We hope that by doing this we can together create age friendly communities that older people can engage with and influence.



**For more information contact us:**

**Phone: 01274 391190**

**Email: [info@ageukbd.org.uk](mailto:info@ageukbd.org.uk)**

**Or pop into your local Age UK Bradford District  
Community Hub in Allerton, Idle, Keighley, Queensbury,  
Shipley or Wrose**