



Active Plus held the first session of their six week course at Passmore Edwards Court on 10th August, this is their second course. The course is run by veterans Mark Thomas, Mychal Larger, and Gary Baker.

Several of the residents who live at Passmore Edwards Court enrolled in the first session, and were joined by the Mayor, Christina Whitty, and consort, who also joined in all activities.

Recently the Mayor, Councillor Christina Whitty, presented certificates to those who had completed the first course which had been held at the Liskerrett Centre.

Active Plus Communities, is for people over 50, and is aimed at building confidence, and learning new skills as well as having fun. After the six week course the group will continue to meet for one year and will be supported by a mentor.

Anyone wishing to enrol or would like any information should contact Mr Tim Cocks on 01326 567174 or tcocks@activeplus.org.uk