



Newsletter

Welcome to the first edition of the Letham4All Oot the Hoose Newsletter.

For those who may not know the story behind Oot the Hoose here is a summary.

Letham4All listened to some of the senior members of our community throughout the COVID 19 pandemic who raised many things which worried them about now and for the future when they start to get their lives back to normal.

Some concerns raised were:

- Loss of confidence
- Loss of social connections
- Loss of physical fitness

A survey was made available to help us have a greater understanding of the needs of the over 60's and what their thoughts were on making life a wee bit better. From the feedback we have created the new group Oot the Hoose.

Q. WHAT IS OOT THE HOOSE?

A. A weekly group for the over 60's to get together with others and offering a range of activities and events.

Q. WHAT DATE DOES IT START?

A. Thursday 8th July 10.00 – 12.00 am and every Thursday thereafter.

Q. WHAT DOES IT COST?

A. The group is free to attend however there may be a small fee or donation request for special events/activities.

Q. WHO CAN ATTEND?

A. Anyone who is over 60.

Q. WHERE WILL THE GROUP BE HELD?

A. Letham Community Club, Marlee Road, Perth, PH1 2HL

Q. DO I NEED TO BOOK?

A. Yes, due to current restrictions numbers will be limited until these restrictions change.

Q. HOW DO I BOOK?

A. You can call Letham4All on 01738 444061 to book your place.

Q. WHAT HAPPENS AT THE GROUP?

A. People can get together, have a cuppa and chat, meet other people, and take part in a programme of activities and events.

Q. WHO SHOULD I CONTACT FOR MORE INFORMATION?

A. Contact Shoina Kennedy, Project Worker by email at oth@letham4all.org.uk

Come along and join us on 8th July.