

Commonside offers a range of activities and projects for all members of the community.

www.commonside.net



Do you remember when your favourite music was played on one of these, its time to put that I-Pod down and meet like minded people from your generation at our lunch Club.

In the good ol days you could cross the road safely, even pop-stars did it



In our day they didn't have to pay the congestion charge to get to London, just a shilling on the number 3 would do it. They don't know they born now!



CELEBRATING AGE FESTIVAL 2010

Starts on

Wednesday 1st September

And ends

Sunday 26th September

(Events at the New Horizon Centre will be publicised closer to the dates)



Commonside Lunch Club for Older People

At the New Horizon Centre



Where in Pollards Hill you can get a 2 course meal for £3.50 and activities as well?

Our menu caters for different cultures & dietary needs



'Commonside' is at:
New Horizon Centre
South Lodge Avenue
Pollards Hill
CR4 1LT

On the 152, 255, 463 and 60 Bus Routes

We are open from 11am to 2pm
Monday to Friday

**A fully accessible welcoming building
where you will feel comfortable and
secure. We are a thriving**

**Community Trust with all members of the
community using our building.**

What you can expect:

- **A professional and caring team**
- **Support and help in problem solving**
- **A named member of staff to be your keyworker**
- **A sociable and friendly atmosphere**

What we will offer:

- **Clean, safe and comfortable surroundings**
- **A range of activities for you to participate in**
- **A choice of freshly cooked meals, to meet the dietary needs of most people**
- **Support in maintaining independent living**
- **Transport to & from our centre**

What you can do:

- **Tell us if what your needs are**
- **Tell us how we can improve**
- **Welcome new members**

Services provided at Commonside:

- **Toilets for people with disabilities**
- **Christmas and Easter Lunches**
- **Accessible garden area**
- **Access to local shops and Market**
- **Selection of confectionery for sale**

**For information on becoming a
member call: 0208 679 0305**