

Have your say on what helps your wellbeing

Your voice matters! Share your insights and shape support in your community!

The
BigLife
group



Are you looking for something that might make you feel better, connect with your community and improve your wellbeing? The Big Life group wants to hear from people aged 65 or more like you!

Join us for engaging sessions, activities, and surveys! Your input drives meaningful change, and we'll make sure you're recognised for your time and valuable expertise.

Ready to make a difference?

**Get in touch by email to find out more:
haveyoursay@thebiglifegroup.com**