



## THE ACTIVITY COMPANIONS CIC

### FRIENDSHIP • FUN • WELLBEING

Connecting older adults in Somerset!  
As a new not-for-profit community group, we are dedicated to reducing loneliness by creating safe, friendly spaces for meeting, chatting and enjoying activities.

#### **Here's what you can expect:**

- Regular coffee mornings with crafts, games and great conversation.
- Social activities and events that are both fun and accessible.
- A warm and welcoming space for all older adults, especially those experiencing isolation.
- A chance for families and carers to take a well deserved break.

#### **Our aim:**

Our aim is to offer a warm welcome to older adults. Our coffee mornings aim to reduce isolation and loneliness. Whether you're accompanied by carers/family or prefer to come on your own, we're here to help you reconnect with others.

- 📍 Serving Ilminster, surrounding towns and villages across Somerset
- Contact: Lewis Wells  
Email - [info@theactivitycompanions.com](mailto:info@theactivitycompanions.com)

Little by little, we can achieve great things.  
Together, we can ensure that older adults throughout Somerset feel connected, valued and a part of our community.

**[WWW.THEACTIVITYCOMPANIONS.COM](http://WWW.THEACTIVITYCOMPANIONS.COM)**



— The Activity Companions