



Wellbeing Conversation Opportunity



Can you make a difference to older people's wellbeing in Salford? All you have to do is have wellbeing conversations with older people aged 50 and above with people you know in Salford.

This is not a formal volunteering opportunity as you undertake your conversations when you wish in your own time. We just ask that you watch a short 6 min wellbeing conversation training film at:

<http://bit.ly/WellbeingConvo> then register with us on one of our 1 hour zoom wellbeing training sessions.

You will also receive a support booklet providing you with resources, techniques and tips on how to have a successful wellbeing conversation.

A month after the training session you will be invited to an informal catch up with others to share your experiences of wellbeing conversations.

For further details, contact Michael Carroll:

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