



Prime

A new 50+ resource

We at East Riding Voluntary Action Services (ERVAS) are developing a large database of activities, interest groups, social activities and support in conjunction with the East Riding of Yorkshire Council. Our hope is to help improve fitness, enjoyment, health and independence for the over 50's.

Why not give the site a try? Search the pages, you may find a social group or an activity that would help you to be involved in your own community, whilst keeping you fit or continuing your education. There are a huge variety of groups from yoga to lunch clubs, gardening to coffee mornings, theatre trip groups to those learning a new language. Why not find out more about local history or join a biking or rambling club? You may want to volunteer and support your local community.

Whatever your interest hopefully you will find something in these pages.

Visit the website today at...
www.eastriding.gov.uk/PRIME



EAST RIDING
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