



MAKING FRIENDS FOR
BETTER WELLBEING

Formby Information Hubs

Loneliness has been shown to have a profound impact upon people's health and wellbeing, contributing to high blood pressure, cognitive decline, and increasing chance of developing clinical dementia and heart disease.

The Information hubs provide **free** details on activities, social clubs and support groups for people aged over 55 who live in Formby, Hightown or Ince Blundell.

If you or anyone you know would like to find out more then call in to any of the following Hubs and the staff and volunteers will be happy to help you:

Tuesdays 1.00pm to 3.00pm- Formby Pool, Elbow Lane, Formby L37 4AB – 01704 879366

Monday to Friday 12pm to 2pm - Formby Library, Duke Street, Formby L37 4AN – 01704 874177

Monday to Friday - 10.30am to 1.30pm- Formby Luncheon Club, Rosemary Lane, Formby, L37 3HA – 01704 877311

Monday, Tuesday, Thursday 9am to 4pm [REDACTED] **Friday 9am to 1pm** - Formby Sure Start Centre, Watchyard Lane L37 – 01704 876567

