



In February 2014 BRAG held a daytime event at Age Concern, Cupar. The purpose of the event was to consult with older people within the Cupar area to find out the types of services and support they require as they got older. Attendance was excellent and lots of innovative ideas came out of the afternoon.

Physical mobility proved to be one of the biggest underlying issues facing local residents, with many feeling that a lack of mobility would result in social isolation and an inability to carry out simple household chores and gardening.

Since the event BRAG has been exploring a number of possible projects and ideas to help provide solutions. There are lots of ideas including a book club, shopping service, knitting circle, cooking sessions, men's daytime club and many more.

BRAG now needs help to take these ideas forward and is looking for people within the community to come forward and to volunteer to help shape and deliver some of these ideas. If you are interested in helping, then BRAG is hosting an event at the Prost Wynd Centre, Cupar on the 18th August at 6.30pm (refreshments provided). Please come along to find out more.



Community Event

18th August 2014

6.30pm – 7.30pm

Prost Wynd Centre, Provost Wynd, Cupar

Are you interested in volunteering?

Refreshments Provided

Come Along and share your ideas!

Are you looking for space for your community group?

Are you interested in working with older people?

Do you want to help your local community?

We need your help!

If you wish to find out more about this event, please contact Sarah at BRAG Enterprises on 01592 860296

