

# CASCADE

Cascade is a social group for adults of all ages, aimed towards reducing social isolation and loneliness in the community. As well as reducing social isolation Cascade also aims to promote all aspects of health – physical, emotional, psychological and spiritual through various games, activities, social time together and sometimes just simply being a listening ear. From time to time we provide lunches, crafts and other activities, and outside entertainers and speakers.

Professional counselling is also available by appointment if required.

Cascade operates on a drop-in basis and is open Tuesdays between 1.00pm and 3.00pm.

## WHAT WE NEED

- More helpers to serve drinks/snacks and interact with guests, even if only once per month
- People to bring their own skills/ activities to teach or demonstrate within the sessions

## CONTACT

Nick & Janet D'Anzi or email: [info@hts.church](mailto:info@hts.church)