



# British Red Cross

## Winter Radio show

### (Activity Information Motivation)

**Black Diamond 107.8 FM.**

**Every Thursday for 6 weeks starting the  
7<sup>th</sup> of October 3pm – 4pm**

- **Information on speakers**, (GP, Podiatry, Benefits, Befriending, Winter heating, Poetry, Short story's etc.),
- **Weekly Quizzes for a chance of winning a prize.**
- **Activity Packs choose up to two items** (Jigsaw, paint by numbers, word search/crosswords, xmas crafts).

### **Win prizes**

You can join the Radio show to find out what support is available through the winter months plus information on vaccine booster and flu jag information, eating well, keeping active at home etc. or if you would just like an activity pack to keep you motivated during the dark night.

# 0131 654 0340

