



THE FULLNESS PROJECT

'Living life to the full, regardless of age'



**For people 55+ years, living in Riverside,
Grangetown and Canton.**

We offer activities such as arts and crafts, exercise classes,
board games, singing, baking and more.

**Interested in getting involved?
Want to find out more?**

📞 07731675897



www.srcdc.org.uk/the-fullness-project @ charlie@srcdc.org.uk