**Tell us about your life in Rural Rother**

**Join a research project that uses your experience of life in Rural Rother to help make it a great place to grow older!**

* Help us to understand the opportunities and challenges that you face and share the ways you stay happy, healthy and independent in Rural Rother.
* Would you like to explore your health and wellbeing with a friendly, fully trained volunteer?
* Join with local people to design innovative new services, perhaps bringing some of your ideas to life and make your community a great place to thrive for all ages.

**What does it involve?**

You’ll have the chance to have an conversations with a volunteer for about 2 hours, although this can happen over several occasions. At the moment, this will be either over the telephone or online, but we hope this may be face-to-face next year.

Together, you will explore different aspects of your health and wellbeing and which areas you may like to explore further on your own, or with support.

Your experiences will help to build a bigger picture of what rural life is like for older adults. With this information, the community can help to design innovative solutions that will genuinely build on the strengths and needs of local people.

**What’s in it for you?**

* Get to know and spend time with local people.
* Contribute to a research project that will benefit your local area.
* Have time and the space to explore ways to improve your own health and wellbeing.

Healthy Ageing through Innovation in Rural Europe (HAIRE) is an innovative research and community action project empowering older adults to say what support they need; take part in designing new services; reduce loneliness, improve health and wellbeing and help shape their community for the future.

**We’d love to hear from you! Please don’t hesitate to get in touch with Annette at** [**annette.holmes@rva.uk.com**](mailto:annette.holmes@rva.uk.com) **07369221256 or Jen on 079202 72715, or by e-mail to** [**jen.wells@rva.uk.com**](mailto:jen.wells@rva.uk.com)**.**

**For more information about the project visit:** [**www.rva.uk.com/HAIRE**](http://www.rva.uk.com/HAIRE)

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