

# Campaign & Action Group

Together we will be heard and can  
make a difference.

Join us on Wednesday 11 January 2012 in the  
Kirkgate Centre, Cockermouth, at 10am.

Our guest will be Mary Milne, Senior Campaigns Officer  
from Age UK England, who will offer advice on how to  
run an effective group and influence change.

Cockermouth is about to see many changes and  
older people ***MUST*** be listened to.

For further information please contact:  
Hannah or Nicola at the  
Centre for the 3<sup>rd</sup> Age  
Cottage Hospital  
Isel Road  
Cockermouth  
CA13 9HT

01900 828393 or  
08443 843 843

