



## Going out, staying in

For all sorts of reasons you may find it difficult to get out and about. Maybe your legs aren't working as well as they used to, or moving about leaves you tired or breathless. Or perhaps you just feel that you don't seem to have the motivation you once did.

Getting out, meeting people and doing fun things helps to keep us well, both physically and mentally. And whether you need help to go out, or can do so independently, there's plenty going on locally to keep you entertained.

Of course it may be that you simply can't get out any more, or are quite happy staying in your home. But even then there are plenty of opportunities to keep busy and stay in touch with other people.

In this section there's information on travel and transport options to help you to get out and about in your local community, and about the many opportunities to stay active, go to interesting places, take up new hobbies, or meet new people.

Choose from one of the options in the left-hand menu for some ideas. There's also some useful information in the box to the right.

And have a look at our [Events](#) section for details of all sorts of things going on in your local area. Try something new!

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