



Would you like to contribute towards a project which aims to bridge the gap between the generations, encouraging a more positive, realistic, and resilient mindset to ageing and the ageing journey?

**Could you tell us your views about how old is old?**

**Who you admire who is older and why?**

**What you would say to your younger or older self?**

If the answer is yes, go to the following web address to complete a short survey:

**[www.tinyurl.com/ageingjourneysurvey](http://www.tinyurl.com/ageingjourneysurvey)**

**or contact us via [info@tttb.org.uk](mailto:info@tttb.org.uk) / 01273 737710  
to find out how you can contribute.**

The findings will contribute towards an ongoing research project we are undertaking in partnership with the Centre for Social Work Innovation and Research at the University of Sussex and Engaging with Ageing.

**[www.tttb.org.uk](http://www.tttb.org.uk)**

**Time to Talk**  
**Befriending**  

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**in the heart of the community**