



United Friends Club

Introduction

The United Friends Club ("UFC") is the newest volunteer-led project of the Watford African Caribbean Association. It has been designed for the 50 plus generation to address their needs in terms of health, well-being, community and social engagement.



"Together We Can Achieve"

The Watford African Caribbean Association Limited is a registered charity. Charity Number 1144021 and Company Limited by Guarantee Number 07618383.

What does the UFC offer?

- An energetic and vibrant environment
- Freshly prepared international dishes
- Health Seminars
- Day Trips
- Games
- Competitions
- Guest Speakers
- Current Affairs Debates
- A varied exercise programme including Tai Chi, Pilates and Yoga
- And Much More



"The Food is Quite Tasty"

Miss M, aged 70

United Friends Club is supported by...



LLOYDS BANK FOUNDATION
England & Wales



HCF
Hertfordshire Community Foundation



WATFORD AFRICAN CARIBBEAN ASSOCIATION

TOGETHER WE CAN ACHIEVE

FOUNDED 1976

How much does it cost

Annual Membership to the Watford African Caribbean Association	£10 per person
Lunch	£5 per person
Exercise	£5 per person
Admission to the United Friends Club	Free

Donations

As a charitable organisation with limited resources, we welcome your support. We offer a text to donate service as a way to make quick and easy donations via your mobile phone. Whatever mobile network you are on, simply text our unique code, WACA11, and an amount of £1, £2, £3, £4, £5 or £10 to 70070 eg text **WACA11 £5**

To supercharge your donation, you will be given the opportunity to add Gift Aid after your text. Every £1 donated will be converted into £1.25!

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Texts are charged at your mobile phone operator's standard rate. You must be 16 or over and please ask the bill payer's permission.

What next?

Come along and visit us. The United Friends Club operates between 11am and 3pm every Tuesday.

United Friends Club

Watford Elim Church Community Hall

Leavesden Road

Watford

Hertfordshire

WD24 5BD

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<http://www.wacas.org.uk/services/elders-project/>

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