



GLOBE  
COMMUNITY  
PROJECT



# LGBTQIA+ Wellbeing for Over 60s

**Feeling alone, undervalued, or low in self-confidence?** This course will help you rediscover your value.

**LIMITED SPACE  
SIGN UP TODAY!**

**FREE 6 WEEK  
COURSE**

Starting

**8 July -  
12 Aug**



Facilitated by Mija from Rainbow Mind

**For LGBTQIA+\* people  
over 60 who want to:**

- Meet interesting people
- Boost your self-esteem
- Develop new skills
- Feel valued and listened to
- Focus on the positives in life

\*Lesbian, gay, bi, trans, queer, intersex, asexual +



**8 July-12 Aug 2025 | 10am-12.30pm**

**Venue:** Mission Practice GP Surgery,  
208 Cambridge Heath Rd,  
Cambridge Heath, London E2 9LS

**Overground:** Cambridge Heath Road

**Tube:** Bethnal Green

To sign up, or for more  
information, contact Ahmed:

**07740546966**

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**Transforming loneliness into connection.**