

Participation

Recreation

Information

Motivation

Education



## ‘GET MORE OUT OF LIFE’ SEARCH PRIME

[www.ervas.org.uk/prime](http://www.ervas.org.uk/prime)

A website full of activities, hobbies,  
information and support for the East Riding of  
Yorkshire.

## What is PRIME?

PRIME is a database of services, activities and information for people who live in the East Riding of Yorkshire.

## Who can use PRIME?

Anyone with access to the internet can search PRIME, or contact your local library or ERVAS for help with your search.

## What can PRIME do for me?

PRIME can help you to make new friends, start a new hobby, keep fit, or find advice information and support in your local Community.

## How do I search PRIME?

You can search PRIME for information by typing [www.ervas.org.uk/prime](http://www.ervas.org.uk/prime) into the address bar, or type "ERVAS prime" into your search engine,



## What happens if I register?



You do not have to register on PRIME to search for any of the information. If you do register, you will be emailed a monthly newsletter with an update of new services and entered in a monthly prize draw, register at: [www.ervas.org.uk/prime](http://www.ervas.org.uk/prime)

## What will I find on PRIME?

You will find a wide range of interests and information in the pages, for instance



**Information** - There is help and advice on finance and benefits, crime prevention, respite and day care or help for those with addictions etc...

**Clubs** - Rambling, tai chi, craft, bridge, gardening, yoga, amateur dramatics, pilates, art, singing/music, chess, bingo, scrabble, bee-keeping, bell ringing, films/theatre, metal detecting, wine tasting etc...

**Sport** - For the more active try bowling, badminton, aerobics, swimming, netball, golf, cycling, salsa, zumba, walking, keep fit etc...



**Social Opportunities/Support** - If you want to just get out and about and meet people, there are drop-ins, tea dances, coffee mornings, lunch clubs, social/support groups, transport services, meal delivery, carers support and day/respite care, farmer's markets etc...



**Continuing Education/reading** - If you want to explore new learning opportunities, there are book clubs, library outreach services, writing, art, I.T. classes, first aid, photography, new languages and history etc...

## Do you know of a service or activity that is not listed on PRIME?

Then please contact the office on: 01482 871077 or register on the website below. The ultimate aim is for PRIME to be a one stop shop for adults in the East Riding.

PRIME gives an opportunity for organisations to promote their service by being listed on the site. There is also an opportunity to be featured as: "Organisation of the Month" in the newsletter.

Register now to receive a monthly newsletter by email containing the latest PRIME updates.



To register, search PRIME, or to see previous newsletters go to [www.ervas.org.uk/prime](http://www.ervas.org.uk/prime)

**Contact East Riding Voluntary Action Services (ERVAS) Ltd**

**Telephone: 01482 871077**

**Email [prime@ervas.org.uk](mailto:prime@ervas.org.uk)**