

KEEP IN TOUCH

Are you living alone?

Are you over 70?

Taking time out during this worrying time?

Would you like someone to chat to or someone to help with things you would normally do out and about? Please take the contact number below and give us a call during the coming weeks. You may not need support now but if you ever do, please don't hesitate.

CAN YOU HELP?

Do you have spare time and would like to help?

Your Support Would be Amazing!

No matter how little time you can offer, we would really appreciate your support! You can help by just making a phone call or by volunteering for more practical tasks like shopping.

PLEASE CALL

07879058732

