

Are You Feeling Lonely?

**We can all
feel lonely
sometimes**

Loneliness isn't something that you have to manage on your own. Although it might be hard, there are things you can do to feel more connected to people.

Do you live in Camborne, Pool, Redruth, Helston, the Lizard or surrounding areas?

If so,
we can help.



HM Government



**COMMUNITY
FUND**

VIVA

LONELINESS

We can chat about

- Your hobbies and interests
- What you used to like doing
- Whether you might like to volunteer
- Activities and events in your area

Next Steps

- Call me for a chat, drop me an email or see our referral form on the website.
- We can meet up to talk about what might work for you
- We can support you to attend other activities for the first time.

You have nothing to lose and maybe a lot to gain.

Contact me: **Leanna Cox**

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