

## *reducing loneliness*



*'she makes my day, she makes me  
laugh and we have a good talk'*

*Pamela, aged 71*

**Could you befriend someone who feels lonely?** If you are a good listener, understanding, sensitive and can spare as little as 1 hour per week to make a new friend and ease feelings of isolation by having a cup of tea and a chat, then we would love to hear from you.

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