

Everyone needs other people, but not everyone has someone.

We know that another lockdown will have an unwelcome effect on people who are already feeling vulnerable – that could be that they have pre-existing mental and physical health problems, or it could also mean those who are feeling lonely, or they need to access advice if they are experiencing financial hardship. At Catholic Care it's important to us that we are here to help.

We are offering a free telephone befriending service so you can talk with someone over the phone. Befriending offers a supportive, reliable connection through our volunteer befrienders to help people who may feel socially isolated, to talk to someone in the comfort of their own home.

Or you can join Rachel with her Zoom social group, a different speaker will be joining the group each time to share their knowledge and enthusiasm about subjects ranging from gardening to local history.

Why not try our Relax and Revive sessions? Join Janet every Monday afternoon at 4pm for a friendly online relaxation group. For more information call Janet on 07739975008. Just cut and paste the link below to join in. Sessions will last 30 minutes.

Join Zoom Meeting

<https://us04web.zoom.us/j/74281785015?pwd=cnBQbzFZemYrNjFRUTZmdzVkaU5yUT09>

Meeting ID: 742 8178 5015 Passcode: 9Td1UL

Find out more by telephoning 0113 3885400/07739975008