



VASL
INCLUDE • INVOLVE • ENRICH

COMMUNITY CHAMPIONS

Tackling loneliness amongst older people

Are you:

- * Living alone in the Harborough District?
- * Without a diagnosis of dementia or a serious mental health problem?

We have volunteers who can:

- * Visit you at home
- * Telephone you weekly
- * Write to you as a pen pal
- * Give digital support

Contact us for more information:

T: 01858 439262 E:champions@vasl.org.uk

www.vasl.org.uk



We support people and communities to thrive.
The National Lottery Community Fund

Company Registration No. 7517828
Registered Charity
Company No.1141274



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