

Managing Loneliness and Isolation at Home

Call a Friend

Try a new
recipe

**Grow your
own veg**

Find a virtual
Book Club

**Move
around at
Home**

Dance like
nobody is
watching

**Join online
Fitness
Class**

Send
someone a
Letter

**Learn a new
skill online
like drawing**

**Attend Zoom
Coffee
Morning**

**Talk to a
Befriender**

**Video call
Family and
Friends**

#Letstalkloneliness

#Lonelinessawarenessweek