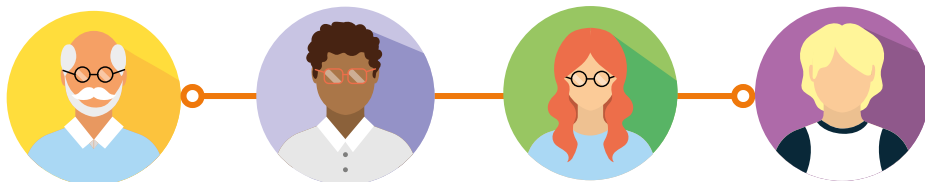


Let's get connected.



Everyone feels lonely from time to time and loneliness can affect anyone. But there's lots that we can all do to change this.

The IsLAND project aims to tackle loneliness and isolation in Derbyshire. To find out more email befriending@sd cvs.org.uk or call 07305 049959.

Volunteering is a great way to meet new people and make a difference to your local community too. You can find out more about volunteering opportunities here: www.derbyshire.gov.uk/volunteering

Join a class. Why not consider joining a group or class or taking up a new hobby? You can search for ideas here: www.derbyshire.gov.uk/adulteducation

The Samaritans are on hand if you need to talk. Call 116 123 or visit www.samaritans.org

Get inspired, and get connecting, online here:

**www.derbyshire.gov.uk/
GetConnected**