



This Winter

Reach Out and Check In

on older and vulnerable neighbours.

2020 has been very tough but in the cold weather of winter it can be even harder and lonelier for those who are vulnerable and living alone. Reach Out - Check in and ensure they have fuel, food, medications etc.

Socially distant but not socially isolated.

Contact ALONE on 0818 222 024

If you have concerns about your wellbeing of the wellbeing of another.

