

THE ISOLATION BUSTERS ARE COMING



Just because you can no longer get out and about for yourself, you shouldn't feel alone.

You should have someone who can visit for a chat, a cup of tea, a bit of company. That's why Halesworth Volunteer Centre has created the **Isolation Busters**.

If you like playing Scrabble, we will find you a Scrabble whizz. If you are tired of cooking for yourself, we will make you a special meal. If you just want to hear the latest gossip, we will find you someone in the know.

Isolation Busters are volunteers, trained and supported by Halesworth Volunteer Centre. They are here to help people who live alone.

If you want to find out more, call the Isolation Busters on 01986 875600 or email us at busters@halesworthvc.co.uk

BE AN ISOLATION BUSTER

And if you would like to be an Isolation Buster, just give us a call. You can volunteer once a month, or once a week. It's up to you. We're looking for people with lots of different skills. Your qualifications: you are keen to make a difference and you make an ace cup of tea.



Registered Charity no.1001776

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