

EVERYONE

CAN STAY IN TOUCH



BEAT LOCKDOWN LONELINESS WITH EVERYONE HEALTH

Everyone Health's free Stay in Touch programme provides Staffordshire residents, aged 18+ with weekly telephone-based social groups and postal activities, all aimed at alleviating social isolation and loneliness.

Our current timetable includes: Bingo, book club, quiz of the day, craft makers club, gardening group, sports talk and more! All sessions are free to join and any necessary resources will be provided free of charge*. Sessions run from 10am - 5pm, Monday to Friday.

Our welcoming group telephone sessions are a great opportunity to make new friends and beat the lockdown blues, without leaving the house. For those who like a challenge, we also offer a weekly postal puzzle service. Each week, an assortment of puzzles and activities will be delivered to your door for you to complete in your own time; perfect for those who are unable to commit to a regular telephone group.

HOW TO JOIN

To find out more, request a copy of our timetable, or to refer yourself or a friend, call our team on **0333 005 0095**.

You can also find us on Facebook **@EHStaffordshire**

*Call charges may apply, depending on phone provider.