

# Put an end to loneliness in Halton

go for a cuppa  
**get involved**  
volunteer  
start a conversation  
try something new  
join a club

For more ideas, check out <https://bemoreus.org.uk/10-ways>



Halton Borough Council - Halton Health Improvement Team - Sure Start to Later Life - Halton CCG

If you or someone you know is affected by loneliness, call  
Sure Start to Later Life, who can signpost you to local support and  
services for the over 55s:

**01928 569498**

If you are hearing impaired please text:

**07988 09 56 68**

Share and help us put a #HaltOnLoneliness

