



Loneliness can affect anyone, young and old alike.

As part of our campaign to put a **#HaltOnLoneliness**, we want to get Halton marching on loneliness throughout March!

You can *March on Loneliness* at any time or place, for as long as you like, as fast or slow as you can manage. All we ask is that you take part with others and share a photo on social media with the hashtag **#HaltOnLoneliness**.

Maybe you can get your school or community group involved.



If you or someone you know is affected by loneliness call Sure Start to Later Life on 01928 569498. We can signpost you to local support and services for over 55s.

Share and help us put a #HaltOnLoneliness

