



Carer Support  
Wiltshire



# **MAKE A FRIEND, BE A FRIEND**

## **Wilton and Barford**

**Calling all groups and volunteers currently working, or seeking to work, with older people in need of friendship and social inclusion.**

Make a Friend, Be a Friend is an initiative that aims to reduce the loneliness and isolation so prevalent, and increasing amongst our older communities.

Carer Support Wiltshire and Wiltshire Council are working together to launch the Make a Friend, Be a Friend initiative in Wilton and Barford in early 2020.

Loneliness poses a significant threat to health. Older people are particularly at risk, as they are more likely to live alone, suffer a bereavement or undertake caring responsibilities. Loneliness is an issue worth noticing and taking action against.

**We need your help.** If you are part of a local group or club (including choirs, creative classes, exercise classes, support groups and lunches etc.) within the local area, please come to one of our launch events to hear more about the project and how you can get involved.

**The launch events are taking place on the 23<sup>rd</sup> January and the 10<sup>th</sup> February at Wilton Community Centre, 6.30pm**

For more information please contact:  
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**Wiltshire Council**