



Do you sometimes feel lonely?





**Helping adults in Breckland
and North Norfolk get involved
in their local community**

We can provide you with one to one support to help you:

- Meet new people
- Rekindle a hobby or interest
- Increase your confidence
- Contribute your skills and experience
- Access community groups, events and services
- Move into volunteering

Visit our website at www.canconnect.org.uk or call 0300 303 3920



In partnership
with

