



“The biggest disease in society today is loneliness”

Mother Teresa of Calcutta

We can all work together to change that – sign up to our ‘Don’t be a Stranger’ campaign and stamp out loneliness where you live. There are many ways to make a difference to an older person’s quality of life from something as simple as saying hello, to becoming involved as a volunteer or befriender. Or if you don’t have time, help us to help them by making a donation.

I want to help Age UK Mid Mersey to end loneliness

I pledge to.....

Signed Print name

Contact details

To find out more about Age UK Mid Mersey’s work, go to www.ageuk.org.uk/midmersey

Or call 01744 752 644

Don't Be A Stranger!