



# “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](http://www.ageuk.org.uk/midmersey)

Or call 01744 752 644

**Don't Be A Stranger!**