

The Campaign to End Loneliness, Care Network Cambridgeshire and COPE (Cambs Older People's Enterprise Forum) invites you to join the conversation to

Push back against

LONELINESS

It is estimated that over 1.2 million older people nationally experience chronic loneliness.

Loneliness is a bigger problem than simply an emotional experience. Research shows that the health impacts of loneliness are devastating, it is worse than being overweight or being physically inactive and as bad as smoking 15 cigarettes a day. Being and remaining connected are essential.

There are many ways to help older people stay happily connected within their community and push back against loneliness. We already have some excellent support locally. But we need more or perhaps something new and different.

Everyone who has an interest in older people experiencing a positive, happy, healthy later life, including all older people, carers, those community and faith groups that work with older people, members of the health and statutory sectors, etc. are invited to come along for a cup of tea and an informal discussion to find out more about loneliness and its impacts, what we can all do to prevent it and to share their thoughts and ideas about how together we might tackle it within our local area.

The Campaign to End Loneliness believes that loneliness is not inevitable. Together we can end it. Please join us at one of the events shown overleaf.

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Monday 16 October	10.30am	WISBECH The Queen Mary Centre, Queens Road, PE13 2PE
Tuesday 17 October	10.30am	CAMBRIDGE St. Luke's Church, Victoria Road, CB4 3DZ
Wednesday 18 October	7.00pm	PETERBOROUGH City College, Brook Street, PE1 1TU
Thursday 19 October	10.30am	ST NEOTS St Neots Town Football Club, 5 Kester Way, PE19 6SL
Friday 20 October	10.30am	ELY Ely Cathedral Conference Centre, Palace Green, CB7 4EW
Monday 23 October	2.00pm	ST IVES St Ives Free Church, Market Hill, PE27 5AL
Tuesday 24 October	2.00mm	PETERBOROUGH St Mary's Church, New Road, PE1 1TT
Wednesday 25 October	7.00pm	CAMBRIDGE The Meadows Community Centre, 1 St Catherine's Road, CB4 3XJ

Admission is free and all are welcome. No booking required. If you have any special requirements or wish for further information email: info@campaigntoendloneliness.org.uk or call **01954 211919**
www.campaigntoendloneliness.org.uk