

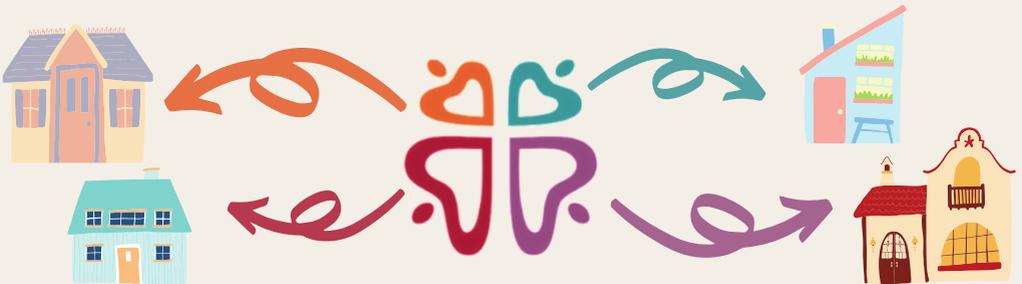


**PramaLIFE**  
Age Friendly Communities

# Host Group Phone Calls

PramaLife is co-ordinating Telephone Friendship Groups to give people the opportunity to 'meet and talk together', even if they can't do that face to face.

Groups are available on different topics and themes, we can even support a group that includes people who would normally meet together in person.



We are looking for Volunteer Hosts to manage the groups. The Host needs to have access to a PC or laptop, and the internet!

People who are requesting to be involved in the groups are missing conversations with a group of people, have a telephone, and would like to be included in regular 'telephone activity' with up to 6 other people.

If you think this would benefit your group or organisation, or would just like to volunteer independently, please contact us to talk about the minimal and simple training and endless support we are offering for this!

**Sue Warr**  
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*For more information  
please contact*

**Keith Gubbins**  
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Make new  
friends!



# Participate in Group Calls

The Telephone Friendship Groups have been developed out of a desire to support people who may be feeling lonely and isolated or just missing having a chat.

Create new friendships and opportunities for support within local communities. Find out what's going on in your local area or chat about hobbies or holidays, people or pets. You don't need internet to take part!

Are you missing conversations with a group of people? Do you have a telephone? Would you like to be included in regular 'telephone activity'?

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**To find out more contact**

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