

PHONE A FRIEND!

Social Connection Challenge

In times where we need to reduce our physical interaction it's more important than ever to commit to supporting those who are vulnerable.

CHALLENGE!

- Think of 7 people in your life who are (or are about to be) socially isolated. These maybe the elderly, the unwell, people who are self isolating or friends/family who are feeling anxious
- Allocate 15 minutes each day to ring, Facetime, Whatsap, Skype etc one of these people. At the end of the week you would have called all 7 of them once.

RULES!

- Ask are you ok with genuine curiosity then listen.
- Do you need anything, can I help?
- Make that person smile, even better, laugh

Do you know of someone or are you someone who would like to be contacted once a week by a friendly volunteer? Register by email;
phoneafriend@lcis.org.au

