



**Buckland Support**  
*Let's care together*

## Let's Care Together

We help people who:

- \* Are feeling lonely, isolated or depressed (of any age) who require assistance with anything that is effecting their health.
- \* Are supporting a loved one with a long term illness e.g. Dementia.
- \* Signpost people to the support they may need.
- \* Can't get to medical appointments and non-medical appointments.
- \* Would like someone to accompany them to an appointment .
- \* Need help with small practical tasks.

**We need YOUR help with this. Can you spare a few hours to join our growing number of volunteers?**

**Whatever you can offer we can use!**



**Contact Yvonne 07411 573776 or**