



Why not setup a calling tree in your area?  
It's a positive way to support people and stay connected, particularly with those who are not online.

Call 3 people today and ask how they are doing. If they all call 3 people, the phone tree builds and **we can all help reduce isolation and loneliness.**

# THE CALLING TREE



<https://www.ourwatch.org.uk/get-involved/support-campaign/calling-tree>