



Porchlight Community Inclusion Service

Age 17+

If you have low mood, social anxiety, loneliness, social isolation, lack of confidence we can support you with:

- promoting wellbeing
- liaising with key agencies on your behalf
- linking to community help and food parcels

Currently we can support you one to one by phone or by WhatsApp video calls.

We are also offering some small groups and activities via Zoom.

We can provide you with a mobile phone if you don't have access to one.

Please contact us on **0800 567 7966** or at info@livewellkent.org.uk