



## **Porchlight Community Inclusion Service**

Age 17+

**We can offer you support and advice on where to get help and how to access digital community groups.**

Working one to one via telephone/video we can support you with:

- tailoring support for your individual needs
- linking to other online groups and resources in the community, including exercise groups via Zoom by community providers
- support to access online courses
- digital coffee morning
- digital group quiz
- digital managing anxiety workshop (6 week course)
- other activities designed around individual needs

We can help with accessing mobile phones and using digital applications to connect with people

Please contact us on **0800 567 7966** or at [info@livewellkent.org.uk](mailto:info@livewellkent.org.uk)