



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 7699** or at info@livewellkent.org.uk