

# Sefton cares.



## **Look in on a relative, friend or neighbour and have a brew and a chat**

Spending just a few minutes with someone you know can help them feel less isolated and more involved with the local community.

For further information  
about support and activities  
in the community visit  
[www.sefton.gov.uk/cares](http://www.sefton.gov.uk/cares)

