

# Cuppa care

Bringing us together



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of UK adults think small moments of connection can make a difference to someone who feels lonely\*

The Cuppa Care Bus aims to bring people together and tackle loneliness.

Whether you just want to get out of the house, to meet new people, or chat about something that's worrying you – we have friendly people on hand who can help.

Come on your own or with a friend, you'll be more than welcome to join us for a **cuppa** and a chat!

Contact us at [cuppacarenorfolk@gmail.com](mailto:cuppacarenorfolk@gmail.com) or 01603 404440.

 @cuppacarenorfolk

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WHEN: 1st November, 13th December, 10th January

FROM: 10.00am TO: 12.00 noon

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Supported by



The Cuppa Care Bus is led by the Rotary Club of Norwich and supported by seven local charities who help and support people of all ages with a range of services.

Age UK Norwich, Vision Norfolk, Hear for Norfolk, Norfolk LGBT+ Project, Norfolk and Waveney Mind, Norfolk CAB and Age UK Norfolk

\*Based on a YOUGOV PLC survey of 2,147 UK adults in September 2019.

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