

# Are you over 50?

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Do you want to meet local people and do things in your community?

It's now more than ever we need to re-establish our local connections.

I can help connect you to right place. Give me a call I would love to hear from you.

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Contact Sato

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COMMUNITY PARTNERSHIPS

# Why is it important to re-establish connections in the community?

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Over the past years all of us in some ways have experienced loneliness and social isolation due to Covid-19 pandemic. Older people have often been affected more than others.

We have seen the strengths of communities as people, families and neighbours have come together to support to one another such as shopping, delivering food parcels, collecting prescriptions and walking dogs especially for those being shielded.

Neighbourly actions are important to get through challenging times. Let's uncover possibilities and opportunities within you and your community around you. That's how you cultivate resilience and power within the community.

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“ Not only do they plant and harvest and eat together, but people share with their neighbours the experiences of birth and bereavement, of children marrying and parents dying. In this way, the community is able to take part together in the most joyous and frightening moments of life. ”

John Robbins, Healthy at 100

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