

**OVER 9 MILLION PEOPLE IN THE UK ARE OFTEN LONELY**

**ANY ONE OF US CAN FEEL LONELY**

**FOR ALL SORTS OF REASONS**

**WE CAN HELP**

People Like Us (**Plus**) is a service that works across Worcestershire to support people of all ages who are feeling lonely or isolated.

Our friendly and experienced team are here to support and guide you to make positive changes in your life. We will work with you to make these changes at your speed and in ways that feel right for you.

We will support and encourage you to build confidence. We will work with you, to help to connect with other people with similar interests.

**Plus**   
PEOPLE LIKE US



**CONNECTIONS  
MATTER AND CAN MAKE  
ALL THE DIFFERENCE  
TO OUR HEALTH AND  
WELLBEING**



## HOW PLUS CAN HELP

- One of our friendly team will talk with you to check the service is right for you.
- We will then meet you to talk about your situation. Together we can decide on a plan that works for you.
- A trained volunteer or **Plus** case worker will support you to make your plan happen.
- We will help you to build your confidence and find information about activities and interests that appeal to you, and accompany you if needed.
- **Plus** will work with you in a way that suits your individual needs.
- We will usually help you for around 6 months. However, if you need our support for longer there is some flexibility for longer term support.

The **Plus** service is open to:

- Anyone aged 18 or over and registered with a GP Practice in Worcestershire
- People who regularly feel lonely

**Come to us directly or ask someone to call on your behalf. Our friendly team can offer more information or an informal chat.**

Call:

**01905 27525**

Or Email us via:

**[plus@onside-advocacy.org.uk](mailto:plus@onside-advocacy.org.uk)**

Visit our website to download a referral form:

**[www.onside-advocacy.org.uk](http://www.onside-advocacy.org.uk)**

**Plus**   
PEOPLE LIKE US

The Plus Service is delivered by Onside in partnership with Worcester Community Trust and Simply Limitless, supported by a wide range of other local partnerships

 **ONSIDE**  
PASSIONATE ABOUT EQUALITY

**Charity no: 1102022**

