

## Avoid any Loneliness and Isolation

- 1) When it comes to helping people avoid isolation  
Lots of health centres and charities can assist with no hesitation  
With not a bit of surprise  
They help lots and lots of people socialize
- 2) If you want to get out and about with friendly people today  
You should look at 'meet-up' clubs on your laptop with no delay  
Because there's plenty of social events arranged by them to be found  
To help everyone with happiness and nice company get around
- 3) In each area of the UK there's advertised many a 'meet-up' club  
Together going walking, followed by a meal and drink at the pub  
Giving everybody a chance to have a quite friendly conversation  
And no longer face any isolation
- 4) So please never feel stuck on your own  
When you can join a 'meet-up' club via a computer or by using your phone  
You can get to know of everywhere by contacting your local 'Citizen Advice'  
Who could come of assistance for a very cheap price
- 5) Also if after going out and about, when at home  
You once more feel alone  
With no doubt you should ring 'The Samaritans' on the phone  
Because whenever in the avoidance of isolation you want assistance  
Lots of different charities and social clubs can help you cover oh quite a distance