



# Hello!

It's Jo and Sally here from Paradigm.



We have heard from lots of people that they are feeling lonely at home.



We want to help people stay in touch with others.



So we had an idea!



**The Gr8 Chat & Brew**

We thought we could help people video call each other.



Then we can see each other's faces when we talk together.  
Then it's a bit like being together!



We can do this using something called WhatsApp on your mobile phone.



If you'd like to try this, ask someone to help you put WhatsApp on your mobile phone.



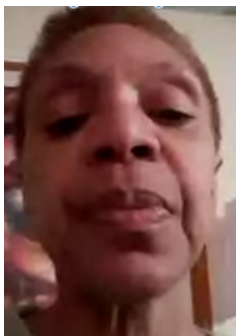
Then we can help you join a **Chat & Brew** group.



You can call us on 020 8870 8643.



You can also email us at [hello@paradigm-uk.org](mailto:hello@paradigm-uk.org)



Jackie who was feeling very lonely and worried at home said,

**'I love it! It gave me something to look forward to in the day. Thank you!'**

**Let's keep in touch with each other!**