



TED is here to help you

With everyone in self-isolation, the TED Team have been working hard to find new ways to help the over 50s across Lincolnshire.

A list of the support available can be found on the TED website, and our updated ConnectED Friendship Offer is listed on the back of this card.

Our aim is that no one should feel alone, TED is here to support you.



Our website will be updated regularly with any new information: www.tedineastlindsey.co.uk

Facebook: TEDinEL Email: ted@lincsymca.co.uk Twitter: [@ted_EastLindsey](https://twitter.com/ted_EastLindsey)

We are all here to support you...

There are a number of ways we can help you in self-isolation or if you are concerned about the advice given around Covid-19. We are offering the following free services:

- Regular Wellbeing and Friendship Phone Calls
- Online ConnectED Fortnightly Activity Packs
- Support and signposting for advice

Or you can help us to lift community spirit by joining in our **KnitTED Together Community Action Campaign**, please ask our team for more details.

This service is available to all residents over 50 in **Lincolnshire**, please call - **01529 301965**

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