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To go from being the life and soul of the party to a life that has become so lonely has been hard.

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Mary is in her 80s, and for many years was an active member of her community in local government.

She loved being the life and soul of any gathering, but the onset of arthritis and dementia have kept her from doing everyday things like going to the shops or tending to her beloved garden. She has

found the loneliness and isolation difficult to cope with.

But through a **Together Network** project in Coventry, Mary met her befriender, Debbie. And now Mary's life has been transformed!

As Mary explained, "I can't believe she is so kind and thoughtful. I've got to laugh and smile when I think about her. She's changed

**Social isolation can increase the risk of death, particularly in the elderly.**

my life. She's really changed my life. Life before Debbie was lonely and quiet. Now I always have someone to speak to and someone to see."

Your gift today could transform a life like Mary's.  
Text '**LONELY**' to 70085 to donate £5