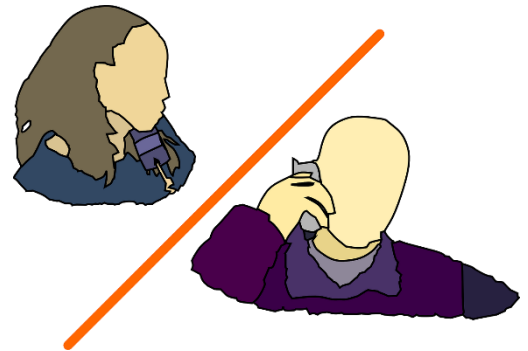


# Cook and Care

**Are you or someone you know feeling lonely?**

We live in extraordinary times and while some are returning to a "new normal" many others still remain socially isolated at home with little contact with others.



In a world where nobody should feel alone, especially in the kitchen, our Cook and Care project can make a huge difference, by providing you with someone to talk to and share food with (remotely of course). We will even provide the food and deliver it your door. After all everyone needs a friend or two, and we all love eating food!

To find out more, please contact Food is Fun on 07818 450968  
or email: [info@foodisfun.org.uk](mailto:info@foodisfun.org.uk).

All enquiries will be treated in the strictest confidence.