



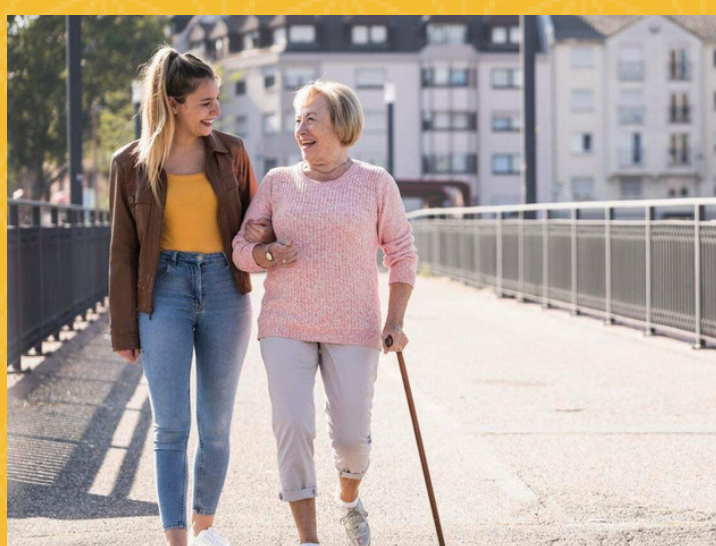
Can you spare some time to
be a LALO companion?

It might be one hour a week, one hour a
fortnight or more it's your choice!

We have people in Cumbria who are looking
for 1-1 company (with no family local),
telephone calls, assistance with occasional
shopping or maybe popping and
picking up a prescription

Being part of the LALO team will see lots of
benefits to your lives as well as theirs!

Become part of the voluntary team that
can really make a difference



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