

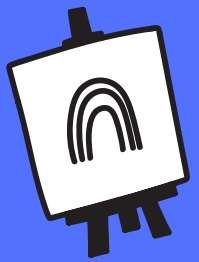
# Helping others

Friends for Leisure needs your help!



Some of our disabled young people and their families are likely to be really struggling with the effects of social isolation and we want them to feel supported.

We are inviting anyone to **create a positive message, letter, card, drawing (anything-be creative!)** to send to a young person or parent carer who may just need that little something to make a hard day that little bit easier.



Please email writing, scanned images or photographs of your creations to...

[hannah@friendsforleisure.org.uk](mailto:hannah@friendsforleisure.org.uk)

THANK  
YOU