



## Feeling forgotten? Lonely? Isolated?

Cheesed off living under the shadow of coronavirus?  
Frightened? 'Worried about your shopping?'

**Call or Text Phil 467 on  
07311 677168**

Hear the friendly voice of an older person, stuck  
in doors like you, talk about how you are feeling,  
how you are coping.



Its confidential.

It's good to talk. You might even feel like flying again.



Phil467 is a phone line operated by caring people in the Walton, Frinton and Kirby area, sponsored by Coastlands Community Church because God says, 'it's not good for people to be alone'.