



LGBTQ+



LGBTQ+ Chats offers telephone befriending with LGBTQ+ volunteers

- Friendly chats with LGBTQ+ volunteers
- Fun and accessible exercise routines
- Relaxation techniques and mindfulness
- Designed by a professional trainer
- Introduction to other LGBTQ+ activities in Wandsworth



If you think you might benefit from an LGBTQ+ chat, then please contact us on: **020 8877 8940** or rebecca.lothian@ageukwandsworth.org.uk

