



ALL

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In the past several weeks the country has been subjected to an unprecedented public health crisis, that has resulted in many disruptive changes to the daily-lives of the populace.

Not least among them, is the implementation of a stay-at-home policy, which in-turn has seen the daily routine in disarray.

Many of us are having to adjust to these changes and alter how we conduct ourselves throughout the day. In the process, making allowances for situations, that only a few weeks prior, had seemed alien to us.

For those whom live alone and seldom have access to social-interactions, this new way of life can further compound an already challenging lifestyle.

It is in such challenging times that those most vulnerable in society are at risk of a further decline in health and well-being . Chief among their concerns is maintaining their mental health, under stressful circumstance.

In the current climate such concerns should be at the forefront of our considerations and it is our collective responsibility, to ensure that each of us has the required support-networks around us.

Therefore, you must identify a solution that can be used to connect communities and alleviate the pressures of social-isolation.

KEEP

safe