



1

Welcome to Plus 1

A new platform designed to bring people together.

Lonely
or year
broken
but

?

Feeling isolated?

Don't worry, you are not alone.
We understand how you feel
and we are here to help.

Become a **Plus 1**

Join us in supporting the well-being of your community.
Download our support pack and become a member of our nation wide support group.
With Plus 1 you will meet like-minded people in your area and provide support for each other, through a range of group orientated workshops and online meet-ups.

make

Whether its cooking, gardening
or crafting

we have you covered!

Discover your community!

We connect you and those living through this difficult time, with you.

By encouraging social interactions via our online workshops, we aim to provide you with a safe and welcoming environment, in which to learn and have a whole lot of fun.

learn



Sometimes, we just need to talk.

That is why we will pair you up with your very own support-network.

Share your interests with like-minded individuals and provide support to those whom support you.

Together, we can!

friends