

**Dear Supporter,**

Many of us have been downhearted by that feeling of entrapment that comes from having to stay inside the house, whether for a few days or longer, when we are ill. The need to go outside and talk to people becomes stronger and stronger, and eventually we are able to meet that need. Imagine, though, not being able to do that. And then think about a life lived within your own four walls without the ability to talk with others. Unhappily, this is the reality for about 20,000 people in Birmingham who live in 'social isolation'.

I am sure that we could all agree how miserable that must be, to be isolated from society. But the problems faced by those who are living in social isolation are made even worse by poor health, as made clear by medical evidence, whilst lonely people die sooner.

Here in Birmingham we have a proud heritage of looking after the most vulnerable in society and this is why I'm backing Age Concern Birmingham's Befriending Service, which provides much needed contact to those who need it most. By playing this Goalden Gate Superdraw you will be supporting this service and have a chance of winning a £1,000 every week!



**Professor Carl Chinn**  
English Historian,  
Journalist and Author