



## Help us tackle loneliness in communities across Scotland by signing up to Team Carr Gomm today!

We're aiming to raise £30,000 to fund a variety of local projects and activities.

To achieve this, we are asking people to pledge a target distance which will be added to our 1,000 mile route around Scotland.

You can clock up your miles however you like – be it walking, dancing, swimming, or in a wheelchair push challenge – as long as you get active, be social and raise some money along the way!

To sign up and to donate to the  
campaign, visit:  
[www.teamcarrgomm.org](http://www.teamcarrgomm.org)