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## Help tackle loneliness with a Virtual Chatty Bus catch up

This week it's Loneliness Awareness Week and we know that loneliness can affect us all at some point in our lives, particularly at times like this during the coronavirus pandemic.

We also know that many of you are missing travelling on our buses but right now it's important that we continue to save vital space for those who really need it.

Don't worry though, we do have some good news for you – you can now travel with us from the safety and comfort of your own home.

We've put together some custom backgrounds for you, so you can sit back, relax and enjoy your video call journeys on one of our buses.

So, if there's that one friend or family member you haven't spoken to for a while, now's the time to get something arranged and you can even turn your experience into a Virtual Chatty Bus.

Simply download your favourite photo below and use these guides to set the virtual background up on Microsoft Teams or Zoom.

## How to set up your custom video call background

- [Microsoft Teams guide](#)
- [Zoom guide](#)

If you're looking for other ways that you can help or get involved, check out this useful guide at [letstalkloneliness.co.uk](http://letstalkloneliness.co.uk).

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