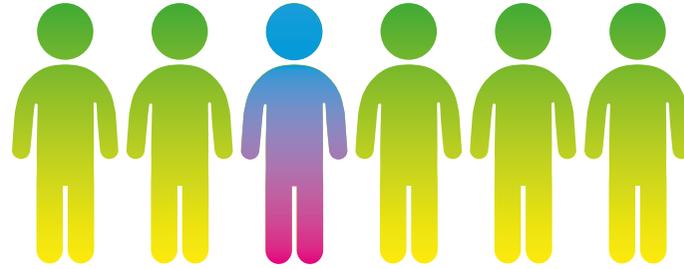


How to start

- Think about your interests.
- Do you just want to meet others for a cup of tea and a chat or maybe lunch?
- Is there an activity you would like to try, for example - book club, singing group, exercise group?
- Do you have skills to share?
- What about sharing your experiences with others?

The choice is yours.



Feeling lonely? You're not alone

- Over nine million adults are often or always lonely.
- For 3.6 million people, television is the main form of company.
- More than one in three people aged 75+ say their feelings of loneliness are out of control.
- More than one in ten people say they are lonely but would not admit it.
- 50% of disabled people say they are lonely on any given day.
- Eight out of ten carers have felt lonely or isolated as a result of looking after a loved one.



Reducing loneliness together

There's help at hand...



Who you can call

Your Doctors surgery – link worker

Whoever you talk to in the care staff team, i.e. Doctor, Nurse etc. don't be afraid to say how you feel. Staff see people of all ages everyday who are lonely, and they want to help. They can refer you to your local link worker, who will make contact and take time to listen to you. They will support you to get in touch with people and activities that might help you to feel better.

North Somerset Community Connect – Link worker

Over 50s free information, advice and support service. A similar service to Doctors surgery link workers, but you don't need to be referred, you can call them direct.



Tel: **01275 888 803/01934 888 803**
email: communityconnect@curo-group.co.uk (open 9am-5pm Mon-Fri)

Both the link worker services mentioned, have information about lots of local activities and groups. This can be of interest to a wide range of people. This includes, Parents and Families, Black and Minority Ethnic (BaME) communities, People experiencing Mental Health, Disability concerns, LGBTQ+ community, etc.



Three out of four GPs say they see between **1** and **5** people a day who have come in mainly because they are lonely, and one in ten sees between six and ten such patients daily.

(Campaign to End Loneliness)

Support for Carers

If you look after someone who couldn't manage without your care and support - you are an unpaid 'Carer'.

Contact us for any information, advice and support you may like.

We are here to help.

Tel: **03000 120 120 (choose option 3)**

Email: carersupport@alliancehomes.org.uk

Alzheimer's Society

For information, help and advice on dementia, including support, activity groups and dementia friendly communities.

Tel: **03001 234 589**

email: north.somerset@alzheimers.org.uk

Vision North Somerset

(includes services for the deaf)

3 Neva Road, Weston-super-Mare BS23 1YD
We offer information, advice and support – including help for people to claim benefits, providing social activities etc.

Tel: **01934 419 393**

The next step

- Pick up the phone and speak to a friendly voice.
- Tell them what you would like to do.
- Ask them about what activities take place in your area.
- Have a chat about ways to use your skills and experiences to help others. It can help you to be more involved in your local community.

The choice is yours

- You can reduce loneliness.
- Make new friends.
- Discover new activities.
- Be part of your community.
- Find a purpose in your life.
- Take up a challenge.
- Help other people.

Make that call.

Let's reduce loneliness together.