

Get connected

in Nottingham and Nottinghamshire



A guide to tackling loneliness

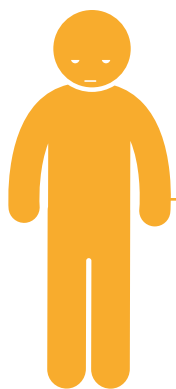
Welcome note

The pandemic has left many people feeling lonely and isolated and, even as restrictions ease, not everyone feels confident to go out again. It is more important than ever to take action if you or someone you know is feeling lonely.

It is important to stay connected to people around you. There are also groups and services in the community you can link with to get support.

What do we mean by loneliness?

Loneliness means different things to different people. It can also affect lots of people, in many different ways, at different times of their lives.



Nationally, 5.5% of adults say that they often or always feel lonely.

The **Campaign to End Loneliness** says that feeling lonely is a normal human emotion and is simply a sign of wanting contact with people.

The **Jo Cox Loneliness Commission** describes loneliness as “a subjective, unwelcome feeling of a lack or loss of companionship, which happens when we have a mismatch between the quantity and quality of social relationships and interactions that we have, and those that we want”.

The **Government Strategy for Tackling Loneliness** explains that we feel lonely when we deem our relationships and social networks to be lacking in some way. The strategy also states that when people feel lonely most or all of the time, it can cause serious harm.

This is why here in Nottingham and Nottinghamshire, we are committed to tackling loneliness, to ensure people are able to improve their wellbeing and quality of life, so our residents and communities feel happier, healthier and safer.

Get help to start a new group

Community Friendly Nottinghamshire is a Nottinghamshire County Council project aimed at tackling loneliness and isolation and building resident resilience. The project focuses on helping to bring people together to act on shared visions, enhancing neighbourhoods, and overcoming concerns.

Residents have been helped to set up a whole range of new groups, projects and activities including; befriending walk and talk groups, breakfast/lunch clubs, coffee groups, reminiscing groups, good neighbour schemes, litter picks, dog walking groups and many more.

If you have a passion or an idea you would like to discuss, please get in touch:

By phone: **0115 977 2120**

By email: **communityfriendly@nottsc.gov.uk**

For help with accessing or setting community groups in Nottingham City, contact your local Neighbourhood Development Team at **www.nottinghamcity.gov.uk/neighbourhoodteams**

Ten top tips for if you're feeling lonely*

- 1. Remember you are not alone.** Lots of people of all ages and backgrounds feel lonely. Millions of people in the UK say they are often or always lonely.
- 2. Think about what is making you feel lonely.** Anyone can experience loneliness at some point in their life, but the reasons will vary from person to person. Taking time to think about what's causing you to feel lonely may help with finding out what could help you feel differently.
- 3. Be proactive.** Look at what resources are out there. Try asking your local library or check out local newsletters or Facebook pages for ideas. Further information can be found at [Let's Talk Loneliness](#), [Ask LiON](#) or [Notts Help Yourself](#).
- 4. Take up a new hobby that can be done in pairs or groups.** This could be something like learning a language. If you don't like it, you can always change your mind and do something else.
- 5. Don't be afraid to ask for help.** Try opening up to someone who you feel comfortable talking to, whether that's a member of your family, a friend, your carer or your GP.
- 6. Accept help when it's presented to you.** It might be a friend or a neighbour just asking you to pop round for a brew. Don't think you're a nuisance, because in all likelihood they will want to see you and spend time with you. Try not to worry about how you're being perceived.
- 7. Spend time in natural places** During lockdown people have taken inspiration from being with nature. Parks and gardens are a great start but if you feel the need for a little more support to find out what is on offer go to [GreenSpace](#) or email greenspace@nottinghamcvs.co.uk
- 8. Volunteer.** Volunteering can be a great way to meet new people and make new connections. You could help out at a local charity shop, or use your skills to support others.
- 9. Surround yourself with activity.** If you're feeling alone, why not pop out to a coffee shop or somewhere where there's some activity going on? You might meet someone else in a similar situation which could spark a conversation. Try to smile at people; having someone smile back could change your day.
- 10. Join groups online.** If you can't leave the house, try joining an online community who share similar interests to you. *Courtesy of the British Red Cross

Get Connected, 'One Step at a Time'

The 'One Step at a Time' scheme aims to connect and support members of our communities who are feeling isolated and lonely by helping them to become more physically and socially active.

Many people were isolated before the pandemic and have become more so since, experiencing a deterioration in their physical and mental health as well as an increased anxiety about going outside. We now need to help them to build up the strength and confidence to venture out.

Please contact your local CVS to see if a scheme is running near you (see page 4 for details). For One Step at a Time in Gedling, please contact Jigsaw Homes on **0115 9 051512**



Things we can do for ourselves and others

There are many ways in which we can help ourselves and others to feel less lonely:

Say hello to people in your street.

Find out more about the people around you.

This could include people you work with and people you are involved in hobbies and activities with, as well as your neighbours. Making connections with those around us can really make a difference to our own wellbeing, as well as those around us.

Big Lunch

These are great ways of getting to know people in your street and neighbourhood.

www.edenprojectcommunities.com/the-big-lunch

Join a social network in your area.

You can set up a Facebook group for your neighbourhood, or create groups using

www.nextdoor.co.uk or www.meetup.com.

U3A

There are 34 active U3A groups across the City and County. To find your local U3A please visit www.Nottsu3anetwork.org

The benefits of volunteering

People choose to volunteer for a variety of reasons. For some it offers the chance to give something back to the community or make a difference to the people around them. For others it provides an opportunity to develop new skills or build on existing experience and knowledge. For more information about volunteering contact one of the organisations on page 4

Digital sources of support

ClickSilver:

Free one-to-one support to build your digital skills. If you, or someone you know, needs a hand with technology, the [Age UK ClickSilver Connections team](#) are here to help. If you are aged over 18 with limited or no digital skills, you can get four weeks of free telephone support to help you. ClickSilver's friendly mentors can help you to use your phone, computer, tablet, and more. The course offers one-to-one support and is flexible to individual needs. Your ClickSilver Connections mentor will help you with the things you would like support with, from making video calls and online shopping to setting up GP appointments online.

Your local libraries also offer support to get connected digitally – just drop in and have a chat.



Local Sources of Support

Rushcliffe CVS Telephone befriending

[Rushcliffe Community and Voluntary Service - Home \(rushcliffecvs.org.uk\)](#)

Age UK Nottingham & Nottinghamshire befriending [Visiting and Befriending | Age UK Nottingham & Nottinghamshire](#)

Telephone 0115 844 0011

Broadway Cinema Silver Screenings

<http://www.broadway.org.uk/>

Ashfield Voluntary Action

The Health and Wellbeing Centre Ashfield
Health Village Portland Street Kirkby-in-Ashfield
Nottinghamshire NG17 7AE

Tel: 01623 555 551

Email: info@ashfieldvoluntaryaction.org.uk

Web: www.ashfieldvoluntaryaction.org.uk

Shedders, Beeston

Aimed at supporting older men who want to get together and share and learn new skills in the welcoming space of a workshop "shed". [Beeston Shedders](#)

Nottingham Community and Voluntary Service

7 Mansfield Road, NG1 3FB

Tel: 0115 934 8400 Monday-Friday, 9-5

E-mail: ncvs@nottinghamcvs.co.uk

Web: <https://www.nottinghamcvs.co.uk/>

Independent Age

www.independentage.org

helpline number 0800 3196789

Broadway Cinema Silver Screenings

www.broadway.org.uk/

Good Companions in Clifton

www.facebook.com

[GoodCompanionsNottingham/](#)

The Silver Line

www.thesilverline.org.uk

or phone 0800 470 80 90

Mansfield CVS

36 Wood Street, Mansfield, Nottinghamshire,
NG18 1QA

Tel: 01623 392444

E-mail info@mansfieldcvs.org

Web: <https://www.mansfieldcvs.org/>

Newark & Sherwood CVS

Castle House Great North Road Newark
Nottinghamshire, NG24 1BY

Tel: 01636 679539

E-mail: information@nandscvs.org

Bassetlaw Community and Voluntary Service (BCVS)

Tel: 01909 476118

E-mail: admin@bcvs.org.uk

Web: <https://www.bcvs.org.uk>

Rushcliffe CVS (also covering Broxtowe)

The Cotgrave Hub Rivermead Cotgrave
Nottingham Nottinghamshire, NG12 3UQ

Tel: 0115 969 9060

E-mail: volunteer@rushcliffecvs.org.uk

Web: www.rushcliffecvs.org.uk

Giving for Gedling

www.gedling.gov.uk/resident/community/givingforgedling/

Further information, help and support about tackling loneliness can be found at:

[Notts Help Yourself/Connected](#)

[Ask Lion/Feelinglonely](#)

www.bassetlaw-health.co.uk