

Self help guide to Loneliness and Isolation



Mobility Problems **New parent**
Single parent **Unemployed** **Feel alone**
Live alone **Care Giver** **Bereaved** **Lack a sense of purpose**
Recently Retired **Experienced Trauma** **New career**
Long term health problem **Disconnected from others** **No friends or Family**

Most of us experience the feeling of loneliness and isolation at some point in our life.
Most won't talk about it. Lets change this

Why do we have feelings of loneliness?

Every person will experience the feeling of loneliness in their lifetime, This will be personal to each individual and impact them in different ways.

Loneliness may affect people in many ways and may cause feelings of emptiness, aloneness, and some may feel unwanted. Most people that are lonely crave human contact but their state of mind can make this difficult to build connections with others.

Some people live very happy lives without much contact from others but others will find this isolating. Sometimes people may be surrounded by people but still feel lonely, misunderstood and uncared for.

Can we change this feeling?
YES

Can you independently improve this feeling?
YES, YES, YES

Use this booklet for helpful tips and advice to combat loneliness and isolation.

REMEMBER
Your are not alone
Support is available

Current connections, feelings and support.

Who is important to me?

How often do I speak to others?

I am involved in which social groups?

Who lives in my household?

What can I change?

My interests are currently?

What support do I currently receive?

What would I like to do but have been unable to do so?

What can you do to change this?

1 Who lives in my household?

Do you live alone? have you got any pets? Pets especially dogs and cats help reduce stress levels, anxiety levels, depression and helps ease the feeling of loneliness. Pets can provide companionship for the older population and also provide physical activity.



2 How often do I speak to others?

Do you speak to others often? Have you tried Befriending programmes that are available locally and nationally?

Over 60 try calling Age uk or register online for befriending support. **0800 055 6112**
<https://www.ageuk.org.uk/>

Silverline befriending service **Tel: 08004 708090**
Web: https://www.thesilverline.org.uk/

CALLER: Dedicated befriending service for East Riding Residents: **01482 215929**

3 Do you have access to the internet?

Social networking sites such as Facebook and Twitter are great ways to connect with others maybe you have a long lost friend that you would like to connect to.

If you do not have internet access your local library provides daily internet access at the computers provided on site. Web of loneliness provides information and tips on loneliness. It also allows users to share artwork and poetry.

Web: <http://www.webofloneliness.com>



4 Are you involved in any social groups?

Many groups are available locally for most people from knit and knatter, history, dance, low level physical activities, gardening, building, mother and baby groups, men only groups.

Speak to your community link worker to look at how to get involved alternatively information is available on the internet such as **eastriding.connecttosupport.org**. These groups can help build new friendships and are very effective in combatting loneliness.

5 Have you thought about learning a different skill, qualification, hobby or interest?

Learning a new skill can boost your confidence, aiming for certified courses will provide you with a sense of achievement and anybody of age an ability can complete basic courses. Have you thought about taking on some extra gardening projects, Learning an instrument, joining a choir, learning to knit. The internet is a powerful source of information that will provide guidance. Learn basic lessons watching Youtube video's. Applications on your phone, Ipad or tablet that can be downloaded can aid your learning Journey.



6 Activity Diary

Creating an activity diary will help overcome any obstacles that could get in the way. Is the activity achievable if not why? what barriers are stopping you? how can you break down those restrictions?

Date, Time and where	Activity	Break down the barrier find a Solution
21/02/20 14:00 Community centre	Luncheon club	I have poor mobility and cannot find transport. Look on the internet speak to friends, can they help you get there? Is there a local charity helping with transport?

Date, Time and where	Activity	Break down the barrier find a Solution

Useful tips

Lets get you connected.

Please fill in the below chart, you could do this on a separate piece of paper and complete weekly. Why not put the activities onto a calendar.

Visit a friend, family or neighbour
When, Where and Who
Sit in the garden or a local park
When, where, did you talk to anybody?
Join a social group and attend
What, When, did you enjoy this? What else are you interested in?

Listen to some music?

Favourite style, artist, When? Did this relax you, did this make you feel happy?

Visit a local Library, is there a social group here of interest?

Where and when will you attend? Did this connect you to others?

Complete at least 30 minute exercise per day? Chair based exercise, swimming, biking, yoga aerobics

What and when.

Go for lunch with friends, if you have nobody why not look into luncheon groups locally?

When, where and who with.

Read a magazine or newspaper, these may have valuable information about the area you may live and what is going on in your town or villages.

Which, when, did you find anything interesting?



What about online games?



Words with Friends

Words with Friends is one of the most popular vocabulary based games for smartphones and tablets. It is a digital version of Scrabble that lets you play against strangers, friends and family with the same skill level.

Angry Birds 2

This game will challenge your strategic thinking along with patience.



Mister Smith & His Adventures

This is a quiz based game it offers interactive gameplay that follows the life of Mister Smith. As you progress through the story, you'll also have to complete mini trivia rounds. The questions are a mix of general knowledge, pop culture and history.

2048

A tile-swiping game that features 16-square grid that gradually gets filled with numbered tiles. To play, you must combine tiles with the same numbers until you get the coveted 2048 tile. It sounds easy enough, but playing it is a solid mental workout and is quite addicting. This can be a big distraction to feeling lonely.

Tetris

Playing this revamped version of the classic Tetris game can rouse memories of the good old times. If you had a brick game device before this should be really fun and nostalgic.

There are many free games available that can be downloaded to laptops, tablets and mobile phones. Ask for support from friends and family, alternatively Age UK offer support accessing IT and can assist with learning.

! Please take caution with in app purchases and gambling sites. Thousands of free games are available without the need to purchase.

Support Services, Helpful Websites and Local Community Assets

EAST RIDING
Health and Wellbeing

This website can help you find your own, personal path to being happy and well. Search by keyword to find local and national services, as well as social, sport and support groups to help you thrive in all aspects of your life.

www.eastridinghealthandwellbeing.co.uk



Beecan sprung from a desire to better link local communities, whilst unlocking the resources and funding, to reach more beneficiaries.

www.beecan.org



We're here to make sure anyone with a mental health problem has somewhere to turn for advice and support.

www.heyhound.org.uk



The Humber Recovery college helps empower individuals by using an educational model to promote hope, control and opportunity and good mental wellbeing. Supporting individuals to recognise their own resourcefulness, talents and abilities.

www.humberrecoverycollege.nhs.uk

healthtrainers

Healthtrainers provide free 1:1 face to face, personal support and motivation to adults over the age of 18 across East Riding who wish to lead a healthier lifestyle

We can offer help and support with:



Weight Loss



Healthy Eating



Alcohol



Mental Wellbeing



Smoking



Physical Activity

healthtrainers **STOP** SMOKING SERVICE

FREE Support to Quit smoking whether you have attempted to quit previously or looking to stop for the first time the team of smoking practitioners will be able to guide you through a variety of options that meet your personal needs and expectations. We also offer FREE NRT (Nicotine Replacement Therapy) and other treatment options including Champix. Service only available for people aged 12+.



Free for anyone ages 40 - 74. We provide a free 30 minute consultation where we will check your blood pressure, height, weight and cholesterol followed by a discussion on lifestyle. (subject to you having had a check in the last five years or currently being monitored for a long term condition)



Community Link Workers are there to offer individualised, personal support to adults who may require solutions to social, emotional or practical needs. They can support you in the following areas:

- Social Isolation
- Relationships
- Emotional Wellbeing
- Loneliness and Isolation
- Carer Support
- Welfare Support

Tel: 0800 917752

Email: HNF-TR.healthtrainers@nhs.net

www.nhs-health-trainers.co.uk