

Some reasons for feeling
lonely, or isolated.

- * *Losing a loved one*
- * *Lack of close family*
- * *Living alone*
- * *A feeling that you
don't belong*
- * *Depression or anxiety*
- * *Fear of rejection*
- * *Being different*
- * *Poor mobility*
- * *Lack of transport*
- * *Retirement*
- * *Moving house*

(Mind.co.uk)

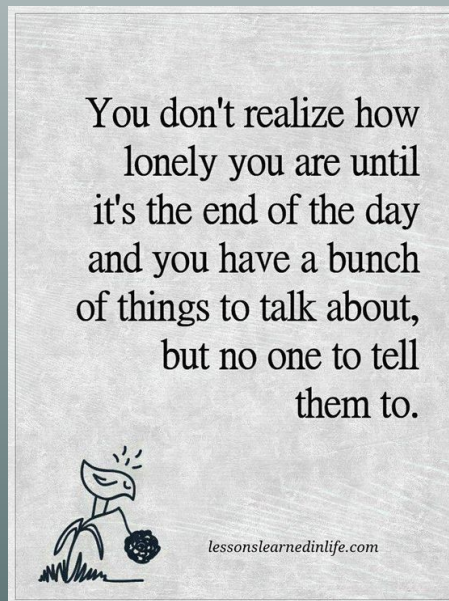


Image 1



"you are not alone"

Loneliness and
isolation



Image 2

Do you feel lonely?

You may have experienced the loss of a loved one, or your family have moved away and you do not catch up often. Maybe you have retired and lost contact with social friends, or possibly have health problems that restrict your ability to do the things you once enjoyed. If any of these things have affected you, please remember

"you are not alone"

(Mind.co.uk)

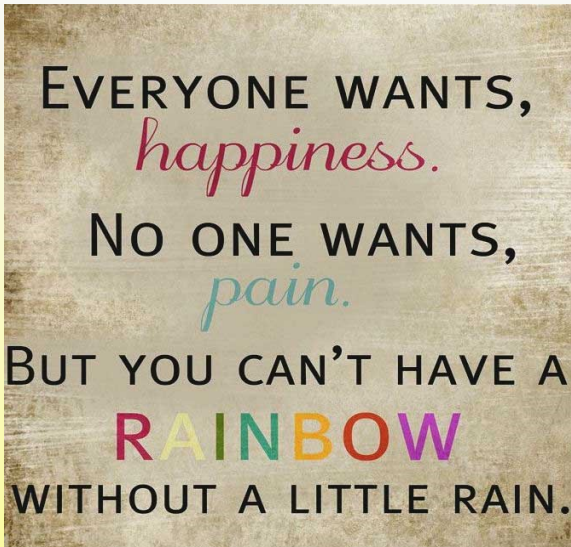


Image 5

Loneliness and statistics

Loneliness and isolation affects one in five people in Wales. The National Survey for Wales 2016-17 concluded that 17% of people reported feeling lonely, Interestingly 20% young people had felt lonely while only 10% of the elderly felt lonely.

Improving childhood experiences, would help people to form positive relationships, and ensuring they feel safe in their community. Dignified Social care could make a difference and help people stay independent. Wellbeing and independence are also important to improve mental health, ensuring people have access to the services for support, including skills for future employment.

(Welsh Government)

Making that change to overcome loneliness

- * *Re-connect with family and friends — there are many ways to do this, email, social media, texting, the local library can offer computer lessons.*
- * *Looking after yourself — it is important try and eat healthy, exercise regularly if you are physically able and sleep well.*
- * *Your community — try to get involved, social activities, new hobbies, learn a new skill.*
- * *Become a volunteer — being a volunteer this is both supportive and rewarding, giving something back.*
- * *Get a pet — pets make excellent companions, and can offer support in stressful times, they can improve exercise and social interaction.*
- * *Get support — it is important to get the right help if your situation is causing you distress, maybe contact your G.P.*

(Mind uk)



Image 4

Tips for supporting loneliness

- * *Make time to call and stick to it, they may have gone to a lot of trouble, and have their hopes raised.*
- * *Options to get them out the house, support groups, volunteering organisations, the local library and the internet can be a good place to start*
- * *Avoid nagging, 'eat more' 'drink less' 'get a grip' maybe what you see but their view is much different.*

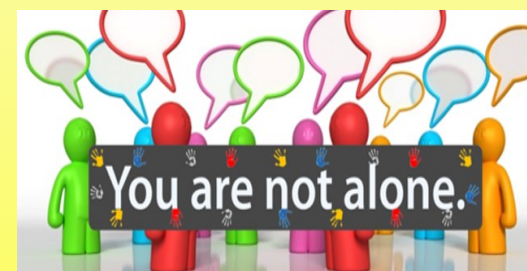


Image 3

- * *Keep in touch, tell them how you are, if they volunteer help or support, take it, it could make their day.*
- * *Be helpful but not bossy, your help is not always appreciated, but don't give up, think before you speak.*
- * *Look after yourself, it's easy to get too involved remember you are also important.*

(whentheygetolder.co.uk)