



So what can I do about it?

Lonely people can help other lonely people by becoming a friend to them.

Becoming a befriender can help you and other people make new friends and increase social interaction.

The results of befriending can be very significant. It can often provide people with a new direction in life, opens up a range of activities and leads to increased self-esteem and self-confidence.

Giving back to the community is particularly powerful in reducing feelings of loneliness and isolation, knowing that you have contributed can improve your sense of self worth.



I feel lonely, what can I do?

Befriending can be a positive influence by bringing companionship through conversation.

Regular social interaction can help to:

- Feel less alone.
- Increase confidence.
- Build self-esteem.
- Build a sense of purpose.
- Increase positivity.
- Be understood and.....have fun!

You can help your community and your community can help you.

If you would like to become a friend by volunteering as a befriender, there will be a service or organisation near you. You can be supported throughout the process and have the opportunity to help yourself and someone else out of loneliness. Not all befriending is done face-to-face, there are telephone befriending opportunities too.

Get in touch:



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I FEEL LONELY

.....but you're not alone!





"The chances are we've all been affected by loneliness, either directly or through someone close to us. We can all do more to try and make a difference and make our country a less lonely place".

**Minister for Loneliness:
Baroness Diana Barran**

Loneliness **CAN** affect **ALL** of us at some point in our lives. Loneliness has become common enough for the government to set up a whole department* to help tackle it! Being lonely doesn't mean that you are socially inept, poorly adjusted or generally incompetent. In fact, it's actually proven to be quite the norm.

Can **you** remember a time when you have ever felt lonely? What would have made things better for you?

Would your answer be, '**a friend to talk to and share things with**'?

Or would it be, '**I get quite bored with my life at the moment and could do with something purposeful to do**'.



How did it make you feel?



Everyone needs people!

But not everyone has someone and that could be for many different reasons.

It's difficult to think that not everyone has someone. If you haven't got someone, loneliness can set in, and it can happen to anyone.

Feeling lonely could be due to a lot of different factors such as where you live; where you work; and any financial restrictions you may have grown up with.

Long-term loneliness can affect the way people view themselves and their place in the world. Lonely people may shut off from others, take less care of themselves, or change their eating and sleeping patterns. All this can affect their health, wellbeing, ability to connect with others and self-worth.

