InformationNOW
Information for people in Newcastle upon Tyne

Feeling lonely?

What is Loneliness?

We all feel lonely at some point in our lives. It is perfectly normal to feel lonely, as it is a sign that as humans, we often enjoy the company of others. Loneliness can be felt momentarily or it may be felt for much longer. People who feel lonely often do not acknowledge these emotions or tell others and so it becomes hidden. Feeling lonely can lead to more serious health problems such as **depression.** It has been found the loneliness can impact upon a person's health as much as smoking 15 cigarettes per day.

An event such as moving into a new home or the death of a loved one may increase feelings of loneliness. If you are feeling lonely or you're worried about someone you care for who may be feeling lonely support is available. It can be useful to think of positive ways to overcome any feelings of loneliness that you may be experiencing.

Ways to overcome feelings of loneliness

There are many ways to help combat feelings of loneliness. It may help to socialise with others, to make new friends or to get in touch with friends and family.

Meet new people

- **join a club or a class to meet other like minded people.**
- **volunteer**
- take up a **hobby**
- keep fit. Exercise helps to make you feel happy. **There may be a class or group near you that you would like to join.**
- if you're single you may be interested in **looking for a new partner or companion.**
- there are local organisations who can support you to **socialise and make new friends.**
- try a befriending service that can match you with a like minded person to keep in touch with either on the phone or face to face. Read more about **Finding friends on InformationNOW.**

Keep in touch or reconnect with family and friends

- keep in touch using the internet with friends and family anywhere in the world. Visit **Keeping in touch online** for more ideas
- you may like to invest in a **mobile/SMART phone** or a **landline telephone** to help stay connected.

Loneliness and health

Prolonged isolation and feelings of loneliness have been found to have negative effects on health. You may find other articles within the **Health section on InformationNOW** which may be useful.

Speak to your **GP** who can refer you to link workers through **social prescribing.**

NHS Care Volunteer Responder service is a free telephone service for people who are vulnerable, isolated or lonely. Volunteers will call you to check in and chat. The service is free and you don't need to be referred by a doctor. You can have one off or regular phone calls from a volunteer. They will have a chat and listen to you. They can help you explore changes you can make tin your life. For example to connect with others, become more physically active, to learn new skills or volunteer. They can signpost you to other services and support in the community.

Local help and support

Read more on InformationNOW about places where you can **find friends** enjoy **food and meet people.**

Chain Reaction is a service commissioned by Newcastle City Council that supports older people (55+) to live independently in the community.

By promoting the use of community-based resources and facilities, Chain Reaction helps people to lead happier, healthier lives. It supports and sustains friendships in order to combat social isolation and to increase a sense of good emotional health and wellbeing

Chain Reaction is provided by three partner organisations:

- **Search**
- **KeyRing**
- **EveryTurn Mental Health**

Together they have knowledge and experience of working with older people, those who have a learning disability, and people with poor mental health.

Ways to Wellness service helps people in the West of Newcastle to manage their long-term conditions, which may include activities such as:

- Getting involved in local groups and activities
- Accessing specialist services and support
- Healthy eating and getting more active
- Getting support around benefits and welfare rights

Campaign to end loneliness has more ideas and information on how to combat feeling lonely.

The Jo Cox Foundation runs the **The Great Winter and Summer Get Together.** A series of events where you can meet people, get talking and join in activities.

The Silver Line is the confidential, free helpline for older people across the UK open every day and night of the year. Specially trained helpline staff offer

- information, friendship and advice
- signposting to local groups and services
- regular befriending calls
- protection and support to those who are suffering abuse and neglect

The Mix is a UK digital support service for young people. Reach out through phone, chat or email.

Befriending schemes

There are local services that run befriending services. They will help you to get out and about to meet new people.

Read more on InformationNOW

Telephone befriending

When you're not able to get out and about to meet new people having a regular phone call with a friendly person can be a great way to connect with other people.

Telephone befriending schemes can arrange for a volunteer to call you for a chat. Read more on InformationNOW.

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Useful Organisations

Shine On (formerly Caring Hands)

Email: contact@shineoncharity.org.uk

Website: https://www.shineoncharity.org.uk/

Telephone: 0191 261 5234

Address: Shine On, NE6 5QN

Depression UK

Email: info@depressionuk.org

Website: www.depressionuk.org

Address: PO Box 10566 , NG13 8LU

EveryTurn Mental Health

Email: enquiries@everyturn.org

Website: https://www.everyturn.org/

Telephone: 0191 217 0377

Address: Everyturn Mental Health, NE13 9BA

Campaign to End Loneliness

Email: info@campaigntoendloneliness.org.uk

Website: www.campaigntoendloneliness.org.uk

Telephone: 0203 865 3908

KeyRing

Email: kimberley.sanders@keyring.org

Website: http://www.keyring.org

Telephone: 07717 784468

Address: KeyRing, SE17 2QB

The Silver Line

Email: info@thesilverline.org.uk

Website: www.thesilverline.org.uk

Telephone: 0800 4 70 80 90

Address: The Silverline, EC3N 2LB

Chain Reaction

Email: info@chainreaction-newcastle.co.uk

Website: http://www.chainreaction-newcastle.co.uk/

Telephone: 0191 273 7443

Address: Chain Reaction, NE13 9BA

Ways to Wellness

Email: info@waystowellness.org.uk

Website: http://waystowellness.org.uk

Telephone: 0191 816 3540

Address: Ways to Wellness, NE1 3RH

Search Newcastle

Email: info@searchnewcastle.org.uk

Website: www.searchnewcastle.org.uk

Telephone: 0191 273 7443

Address: Carnegie Building, NE4 8XS

Independent Age

Email: advice@independentage.org

Website: https://www.independentage.org/

Telephone: 0191 731 4000

The Jo Cox Foundation

Email: info@jocoxfoundation.org

Website: https://www.jocoxfoundation.org/

The Mix

Website: https://www.themix.org.uk/

Address: 209 City Road, EC1V 1JN

The Chatty Cafe Scheme

Email: jenny@thechattycafescheme.co.uk

Website: https://thechattycafescheme.co.uk/

NHS Care Volunteer Responders

Website: https://www.goodsamapp.org/

Telephone: 0808 196 3646

Address: GoodSAM, EC2A 3JX

REengage

Email: https://www.reengage.org.uk/

Website: www.reengage.org.uk

Telephone: 0800 716 543

Address: 7 Bell Yard, WC2A 2JR

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Your Doctor or GP

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Anxiety and stress

Food and Friends

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