

# Campaign to End Loneliness

## Constituency campaign pack

### Supporting individual constituents

A 2011 Campaign to End Loneliness survey found that 42% of respondents over the age of 45 did not know, or were unsure of, activities or services that could support them if they became lonely.<sup>i</sup> Loneliness is a very personal experience and there is no 'set' way to act. However, it is not difficult for MPs to make sure isolated constituents get appropriate help or advice.

#### 1. Identify whether someone is lonely:

It can help to consider the following things, when trying to identify if someone is at risk of loneliness, or might need a bit of support or companionship:

- Whether they live alone
- Whether they have recently suffered a bereavement
- Whether they are suffering from an illness or disability
- Whether close family lives nearby

#### 2. Find out what is available in your constituency

You could do this by speaking to charities or community groups that will be able to recommend other activities or services as well as their own. These include:

- Your local partner of Age UK or WRVS
- Charities supporting people with sight or hearing loss, such as Sense or Visionary
- A local branch of CSV or a Volunteer Centre
- Faith groups running community or social events

Your county, city or district council may run a database of services for older people. For example, see the Well Aware website (<http://www.wellaware.org.uk/>) run for Bristol, South Gloucestershire and Bath & North-East Somerset.

#### 3. Distribute free copies of a new *Wise Guide* on loneliness

Older people's charity [Independent Age](http://www.independentage.org/) are offering to send *Wise Guides* to anyone over 65 who want to receive tips about keeping well in older age, including preventing loneliness. For free copies, call 020 7605 4225 or order online here <http://www.independentage.org/advice/order-your-wise-guides/>

Don't forget to read the End Loneliness [Constituency Campaign introduction](#).

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<sup>i</sup> Cupitt, S. (2011) *Listening to You: the baseline survey from the Campaign to End Loneliness* <http://www.campaigntoendloneliness.org.uk/information-on-loneliness/listening-to-you/>