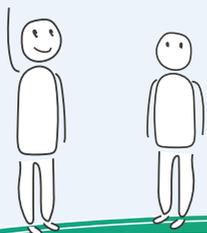


Do you feel lonely? Or know someone that is?



Befriending and wellbeing service for residents



What is loneliness?

Loneliness is a normal human feeling or emotion, just like when you feel hungry or thirsty, it is your body's way of saying you are deprived of a social or emotional connection. It can be very intense or come and go at different times and it can really affect your physical and mental health. That is why it is so important to seek support.



Who feels loneliness?

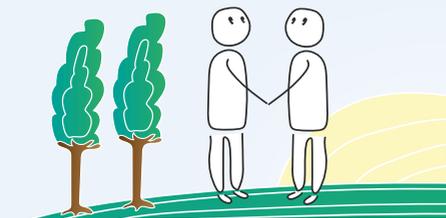
Everyone will experience loneliness at some time in their life, regardless of age, circumstance or background. Your personal circumstances may be impacting your feelings. Perhaps you've experienced a bereavement, moved house, are going through a separation, are disabled, are a young parent, have limited income, no access to transport or live alone. It is important to remember that these things can affect everyone differently.



How to recognise loneliness?

Whilst there can be many ways that loneliness presents itself. You may experience difficulty sleeping, notice changes in appetite, prefer to avoid social situations, feel unmotivated and tired, have lost your sense of direction and feel your life lacks meaning or purpose but you don't know how to make things better.

The most important step to make is **acknowledge how you feel** and **reach out**, so that others can help you.



How to get help

Contact Christine Bettson, Befriending and Wellbeing Officer, on 07767100789.

We will arrange to have a regular chat with you, so that you have your own time for someone to really listen and “hear” how you are feeling. We will help you to break down those barriers that are preventing you from feeling happy and connected in your community.



Are you feeling lonely?

Here are a list of charities who may be able to offer you further help and advice:

Marmalade Trust

www.marmaladetrust.org/

Staffordshire County Council's Lets Beat Loneliness Campaign

www.staffordshire.gov.uk/DoingOurBit/Get-Inspired/Health-and-wellbeing/Loneliness/Loneliness.aspx

Let's Talk Loneliness

<https://letstalkloneliness.co.uk/>

Trent & Dove Housing, Trinity Square, Horninglow St, Burton upon Trent, DE14 1BL

Phone: 01283 528528 | www.trentanddove.org

Email: communityengagement@trentanddove.org

Social: facebook.com/trentanddove | twitter.com/TaDHousing