

June 12th - June 18 marks Loneliness Awareness Week <https://www.lonelinessawarenessweek.org/>

This is an annual occasion to raise awareness of loneliness and how you can support those who might be feeling lonely.

The week is hosted by Marmalade Trust <https://www.marmaladetrust.org/law> – they are a charity dedicated to raising awareness of loneliness for people of all ages. Their aim is to encourage those who are feeling lonely to talk about it more openly.

Their theme this year is 'connection matters'.

Their website says “Whether it’s your regular barista, the friendly dog on your walk or the shopkeeper down the road, everyday moments of connection matter. They allow us to make connections, feel happier and less lonely.... Together, we can feel less lonely.”

One of their projects is around Marmalade Companions <https://www.marmaladetrust.org/marmalade-companions> where they support people to make new connections and find social activity in the local community. They recognise the negative impact loneliness can have on your health and wellbeing.

Maybe you would like to get involved with Loneliness Awareness Week, <https://www.lonelinessawarenessweek.org/get-involved>

Maybe you would like to learn more about loneliness <https://www.lonelinessawarenessweek.org/loneliness>

Maybe you would like to learn more about different types of loneliness <https://www.lonelinessawarenessweek.org/loneliness>

Other places to access resources :

Mental Health Foundation <https://www.mentalhealth.org.uk/our-work/public-engagement/unlock-loneliness/15-things-do-if-youre-feeling-lonely>

British Red Cross <https://www.redcross.org.uk/get-help/get-help-with-loneliness/wellbeing-support>

Young Minds <https://www.youngminds.org.uk/young-person/my-feelings/loneliness>

Solent Mind

https://www.solentmind.org.uk/assets/uploads/resources/coping%20with%20loneliness_toolkit.pdf