

Help With Loneliness

Loneliness is a common thing and can make you feel very unhappy. Everyone can feel lonely at some point in their lives, even if they are surrounded by people that care about them.

You can contact 'Silverline' for general support and advice loneliness on 0800 470 8090 or visit www.thesilverline.org.uk. You can also contact 'Well Informed', the North Lanarkshire information phone line, on 0800 073 0918 or visit well-informed@samh.org.uk. They can help you to find any local or national organisations or services that are relevant to you.

There are also some positive ideas below that might help to prevent loneliness :

Connect With People

- > Spend time with Friends and Family.
- > Talk to people you meet for example on the bus or at the shops.
- > Get involved with your local community for example going to church, joining social groups, volunteering, befriending someone, supporting your neighbours. For a range of community based support services including Home visiting and befriending services please visit www.voluntaryactionnorthlanarkshire.org and use the locator tool to help find services suitable for you. Alternatively you can call 01698 358866 or email: dutyofficer@vanl.co.uk
- > Use local transport links such as 'MyBus' to help you get out and about. For more info visit www.spt.co.uk/bus/mybus.
- > Try dating websites but stay safe. Meet new people for the first time in a safe public place, or take a friend or family member with you.
- > Join shared interest groups such as new parent baby groups or art, music or poetry groups. To access arts and cultural opportunities through the 'Well Connected Programme' contact 'The Arts General Enquiry Line' on 01236 632 828. For further information on local arts opportunities visit www.northlanarkshire.gov.uk/artsinaction. To find out about locally run voluntary arts projects in your area, contact 'Well Informed' on 0800 073 0918.
- > Take up a new hobby or learning course and meet new people, for example North Lanarkshire's north 'Passport to Leisure' www.nlleisure.co.uk/our-

[story/passport-to-leisure](#), for activities in North Lanarkshire at www.culturenl.co.uk or for learning opportunities visit Airdrie, Bellshill, Coatbridge, Cumbernauld, Motherwell or Wishaw Library (drop-in) or call 01236 812598 or 01236 812641.

Use Technology

There are many guides you can find online for help with using technology and the internet. Age UK is a good place to start www.ageuk.org.uk/work-and-learning/technology-and-internet. There are also private companies who will set up your technology for you and provide support on how to use emails or make video calls for example.

- > Stay in contact by regularly using the Phone or making video calls using Skype or FaceTime.
- > Try social network websites such as Facebook, Twitter and Pinterest. Social network sites usually have a help or how to section somewhere on their home page.
- > Text or email your friends and family.
- > Phones, computers and tablets are all great ways to keep in touch with people when you can't be there with them.

If you need help finding the right equipment or software for you then go to a high street technology store or ask your friends or family.

Help For Carers

If you care for or look after someone it is common to feel isolated or lonely yourself. You can find advice and support by reaching out to one of the following:

- > 'Princess Royal Trust Lanarkshire Carers Centre' provide a valuable resource to carers, carers support groups and organisations throughout Lanarkshire. For more information visit www.prtlcc.org.uk.
- > 'Carers Together' aim *to improve the lives of carers by actively linking carers and professionals in meaningful relationships*. For more information visit www.carerstogether.org.
- > Local support groups, home visiting and befriending can be of considerable benefit to carers by providing some opportunity for short breaks from their caring role and supporting carers to access to a range of community based support services. For more information please visit www.voluntaryactionnorthlanarkshire.org to use the locator tool to help

find these services. Alternatively you can call 01698 358866 or email: dutyofficer@vanl.co.uk

Self-Help Awareness

- > MIND can help with a variety of different mental health issues including loneliness. For further information visit www.mind.org.uk. For mental health support in Lanarkshire visit www.elament.org.uk.
- > If you are experiencing loneliness it is important to take the first difficult step of talking to someone about it so that you can get the help and support you need.
- > You can find information about free mindfulness classes in Lanarkshire here www.elament.org.uk/news/2011/6/2/mindfulness-class.aspx
- > For more information on the 'Well Connected Programme' which amongst other things aims to increase social contact and self-confidence, visit www.elament.org.uk/self-help-resources/well-connected-programme.aspx.