

**Loneliness and Social Isolation:**

*“Loneliness was the first thing that God’s eye named not good”
 Milton*

**BACKGROUND & NATIONAL INITIATIVES**

* **Age UK:**[**https://www.ageuk.org.uk/information-advice/health-wellbeing/loneliness/**](https://www.ageuk.org.uk/information-advice/health-wellbeing/loneliness/)
* **Independent Age:**[**https://www.independentage.org/get-advice/advice-guides-factsheets-leaflets/if-youre-feeling-lonely**](https://www.independentage.org/get-advice/advice-guides-factsheets-leaflets/if-youre-feeling-lonely)A booklet that can be downloaded, or a free copy ordered.
* **“Effective action on loneliness in later life”** **<https://www.campaigntoendloneliness.org/wp-content/uploads/Promising_Approaches_Revisited_FULL_REPORT.pdf>**
* **Campaign to End Loneliness** 2022 report focussing on London and factors relating to loneliness here (in people of many ages)

[**https://www.campaigntoendloneliness.org/wp-content/uploads/Reconceptualising-Loneliness-Final-for-Pub-29Mar22.pdf**](https://www.campaigntoendloneliness.org/wp-content/uploads/Reconceptualising-Loneliness-Final-for-Pub-29Mar22.pdf)

**CHRISTIAN INITIATIVES**

* [**https://faithinlaterlife.org/wp-content/uploads/2021/09/Loneliness-in-Older-People-Digital.pdf**](https://faithinlaterlife.org/wp-content/uploads/2021/09/Loneliness-in-Older-People-Digital.pdf)

A project supported by Faith in Later Life and others has produced this free 40 page downloadable resource titled **LONELINESS IN OLDER PEOPLE: *Guidance on how Christian faith organisations can support older people facing loneliness*** . Looks at “trigger factors” leading to social isolation, “institutional ageism” and iIncludes information about Christian Organisations involved in this area of ministry, practical ideas and tools for groups and individuals wanting to engage with people facing loneliness.

* [**https://joind.co.uk/wp-content/uploads/2015/11/Loneliness-Accident-or-Injustice-by-Jo-Ind.pdf**](https://joind.co.uk/wp-content/uploads/2015/11/Loneliness-Accident-or-Injustice-by-Jo-Ind.pdf) 28 pages from Oxford Diocese (2015) : **LONELINESS – accident or injustice?** . Stories and discussion of needs (including those of older people) and church responses in the Thames Valley area.
* The **Linking Lives** Christian Charity: offer a 5 min video raising the issue of loneliness and how this challenges churches. This might be used as a discussion starter [**https://linkinglives.uk/about/loneliness/**](https://linkinglives.uk/about/loneliness/)

The charity also focus on befriending support.

* **Christians together against loneliness -** [**https://www.ctal.uk/older-people.html\**](https://www.ctal.uk/older-people.html%5C)A brief list of suggestions for churches

**OTHER PRACTICAL INITIATIVES**

The charities **SILVER LINE** [**https://www.thesilverline.org.uk/**](https://www.thesilverline.org.uk/) and **RE-ENGAGE** [**https://www.reengage.org.uk/**](https://www.reengage.org.uk/) organise practical projects to help older people be less isolated.