

MANAGING LONELINESS



MINDSTARS (NE) CIC

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What is loneliness?

We can all experience feeling lonely at points in our lives and it can be for many different reasons. Loneliness is not the same as being alone. Some people enjoy the quiet and solitude of being alone at times. Being lonely is a feeling we get when our needs of social connection and relationships are not met.

For example; an elderly person that has recently lost their spouse or a child that struggles to make friends may experience feelings of loneliness.

Loneliness is unique to each person and we will all experience it in different ways depending on our personal feelings and circumstances.

Feelings of loneliness can even happen when you are surrounded by people. If those people are not meeting your needs or you feel misunderstood, uncared for or unwanted to may feel lonely.



Tips to manage loneliness

There are things you can do to try to manage your loneliness. Take look at some of our tips below.

- **Talk to someone about how you are feeling**

Opening up about how you are feeling to someone that you trust like a friend, family member or a health professional can help to ease the feelings of loneliness. There are also many befriending services or general advice lines you can utilise for this. See next page for useful contacts.

- **Seek out and join a class or group activity in your area**

Look for opportunities in your area to partake in something you enjoy or would like to try. Joining a group of likeminded people can help to widen your social circle and meet new friends.

- **Be kind to yourself and try not to compare to others**

Try to be kind to yourself and allow yourself to take things at a pace you feel comfortable with. If you use social media, be careful not to compare yourself to others. Remember social media tends to be the "best bits" of a persons live and this may not be a true reflection of how they really feel and what it going on in their lives.

- **Look after your mental health and wellbeing**

Make sure that you take extra care of your mental health and wellbeing. Try to eat well and take some gentle exercise daily.

National Useful Contacts

Below we have provided some links and contact to signpost you to services that can may help.

Your local GP



Whatever you're going through, a Samaritan will face it with you.

Email: jo@samaritans.org **Web:** www.samaritans.org

Tel: 116 123



Support you after the death of someone close.

Web: www.cruse.org.uk **Tel:** 0808 808 1677



Support service for young people under 25

Web: www.themix.org.uk **Tel:** 0808 808 4994



YOU'RE NOT ALONE

ALONE's National Telephone Support Service provides daily or weekly telephone contact to an older person from a volunteer.

Tel: 0818 222 024

North Tyneside Useful Contacts

Below we have provided some links and contact to signpost you to services that can help.



Mindstars (NE) CIC - Cuppa & Chat Fridays 10am - 2pm - open to all!

Unit 17 Albion House, West Percy Street, NE29 0DW

Email: info@mindstars.co.uk, **Tel:** 0191 257 5758

Web: www.mindstars.co.uk



DreamShine CIC

Telephone Befriending Service provides a lifeline to those feeling lonely, isolated, and in need of basic human contact.

Tel: 0300 365 8554, **Web:** www.dreamshine.co.uk



Wallsend Memorial Hall have many socialising events.

10 Frank Street,
Wallsend, NE28 6RN

Tel: 0191 2634852. **Email:** info@wallsendmem.co.uk

Web: www.wallsendmem.co.uk



AGE UK operate a Telephone Befriending Service and many other socialising activities and events.

Tel: 0191 280 8484 option 0.

Web: www.ageuk.org.uk

CEDARWOOD TRUST

Nurture - Nourish - Thrive

The Cedarwood Trust offers a variety of services, daily activities and support groups for the community.

Tel: 0330 094 8454 **Email:** info@cedarwoodtrust.com

Web: www.cedarwoodtrust.com