



Tackling loneliness

Helayna Jenkins

Principal Loneliness Champion

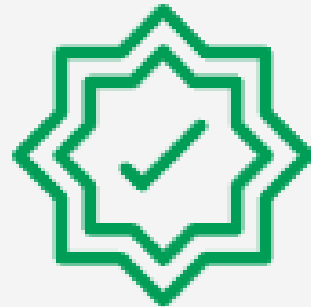
Strategy, Performance and Corporate Transformation

bromley.gov.uk/loneliness



What is loneliness?

Facts



“**Loneliness is a subjective**, unwelcome feeling of lack or loss of companionship. It happens when there is a mismatch between the quantity and **quality** of social relationships that individuals have, and those that they want.”

Campaign to
EndLoneliness



Who is experiencing loneliness?



5% to 18%
of adults feel lonely
'often' or 'always'



11%
of children aged 10 to 15
'often' feel lonely

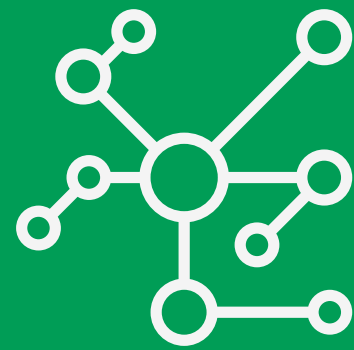


Priorities to tackling loneliness



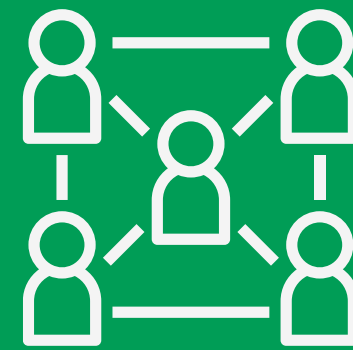
PRIORITY 1

Organisations
and services



PRIORITY 2

Community
infrastructure that
empowers social
connections

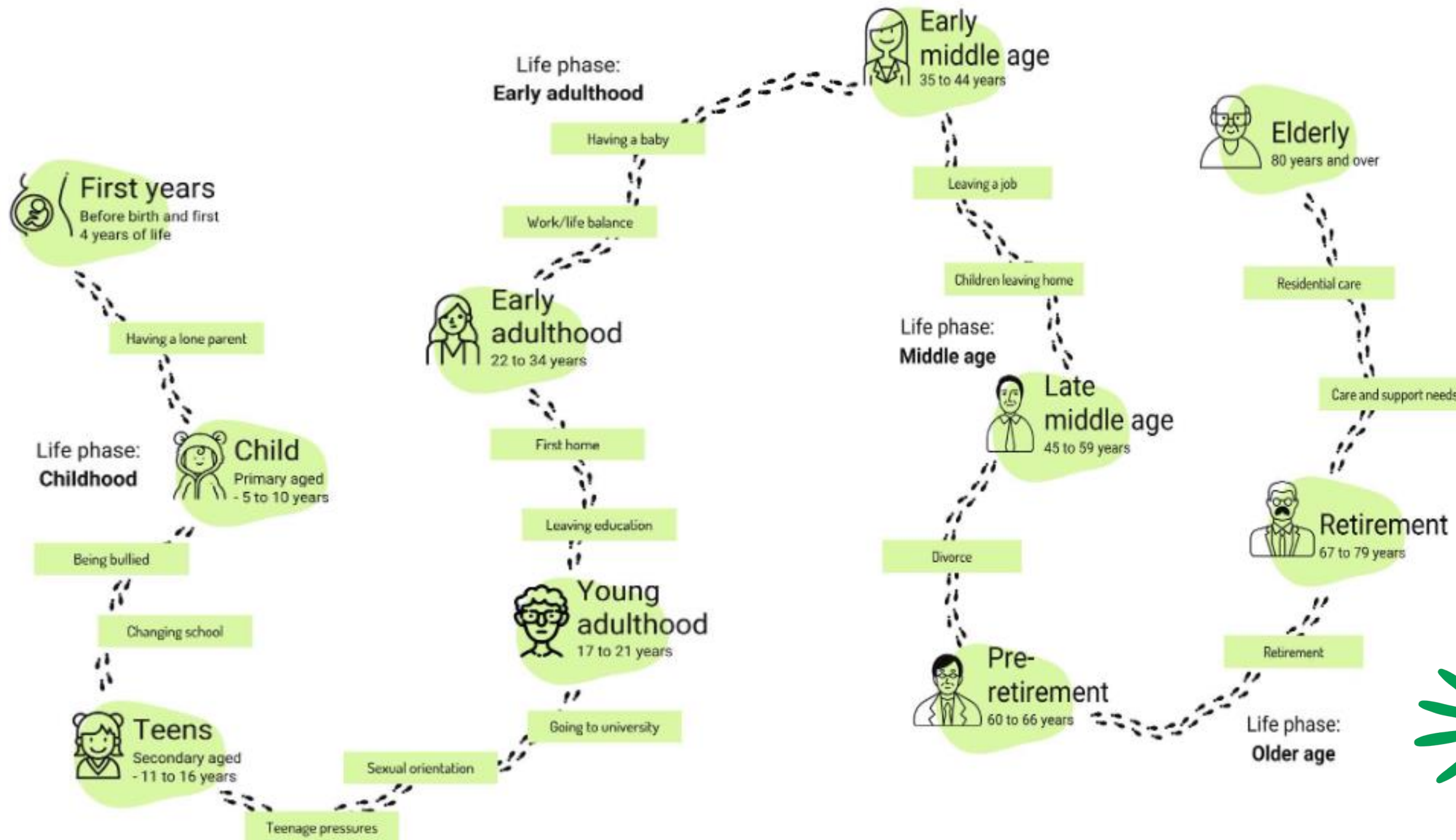


PRIORITY 3

Building a culture
that encourages
strong social
relationships

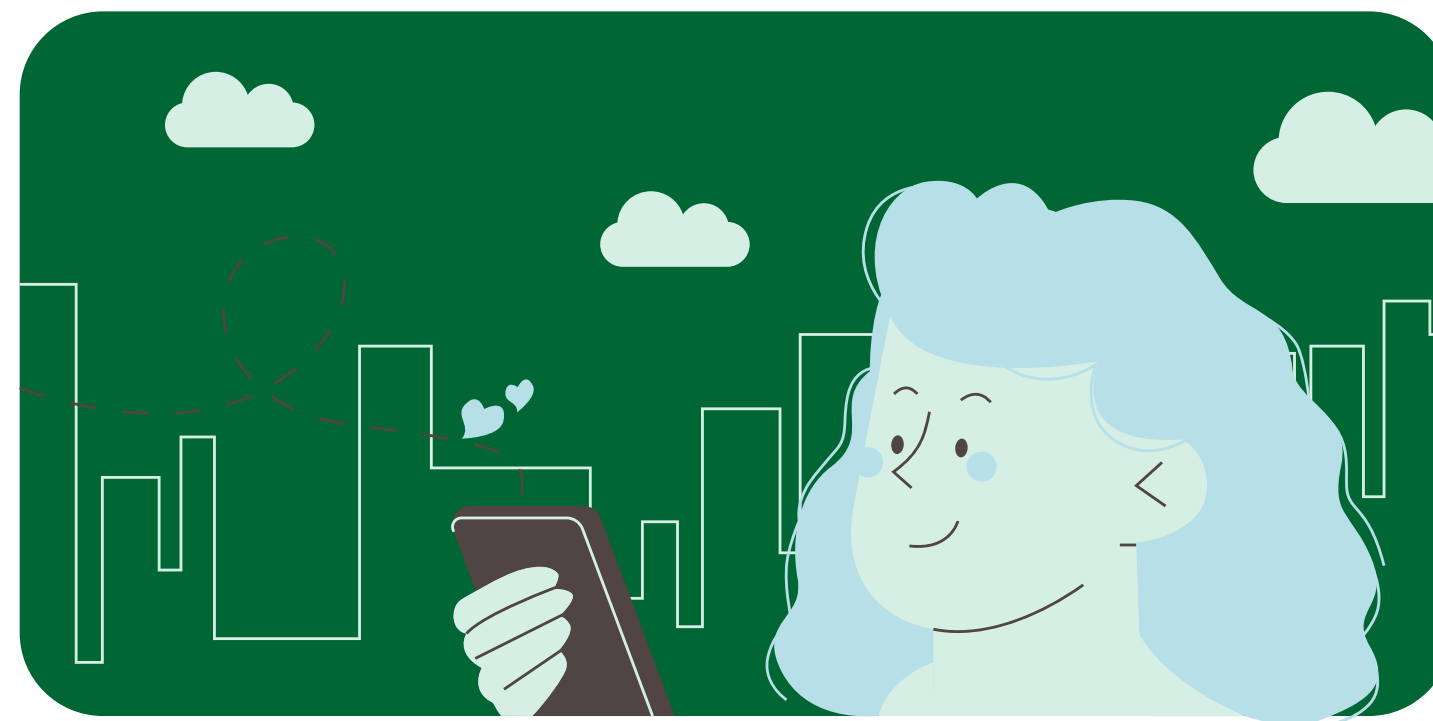


Loneliness across a lifetime



Tackling loneliness in Bromley

Starting the conversation on loneliness



Events & Campaigns



Something for the future



Tackling Loneliness Workshop

Do you work with, assist, or help residents who may be experiencing loneliness residing in Bromley?

The London Borough of Bromley are pleased to present this free, 1 – 1.5 hour Tackling Loneliness Workshop for all professionals working with people across all age groups, backgrounds and in all stages of life who may be experiencing loneliness.

This course will help you understand more about loneliness, who is affected, the impact of this experience, alongside numerous resources available within the borough and nationally to help lift someone out of loneliness.

To find out more information and to book onto this course, go online to:

Bromley Safeguarding Adult Board –
www.bromleysafeguardingadults.org

Bromley Safeguarding Children's Board –
www.bromleysafeguarding.org



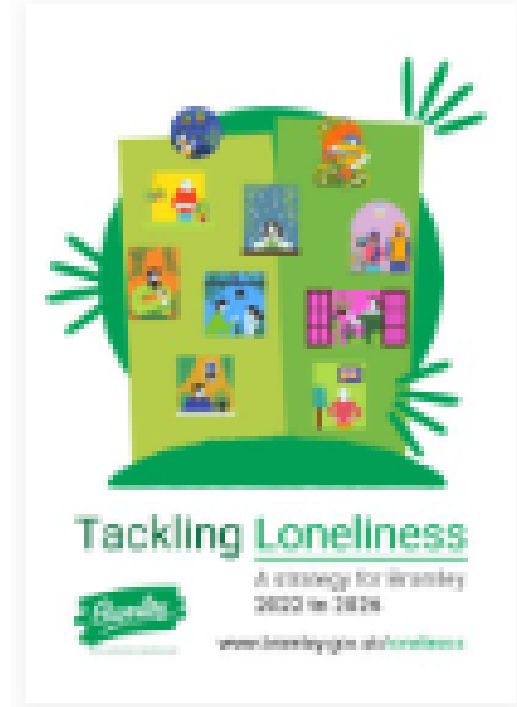
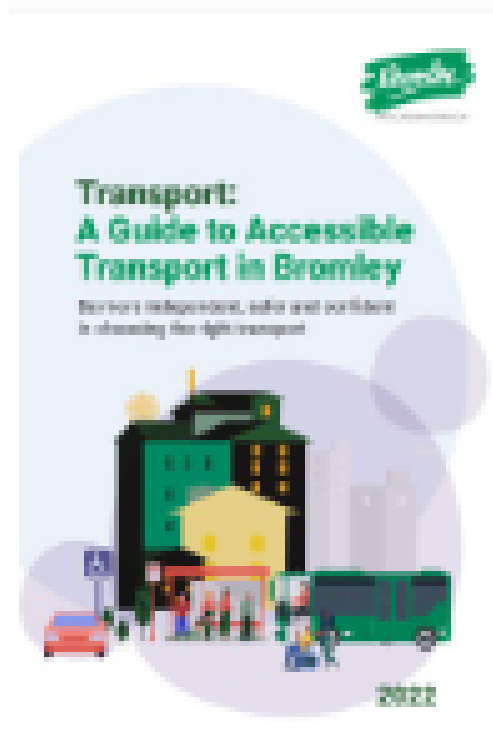
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Tackling Loneliness Workshop



Helpful information for all







Help for new parents

Having a baby can be a happy and joyous time, but there may be some bumps along the way. Lots of help is available to support you through all stages of your parenting journey.

To find out about support for new parents in the community, simply scan:





To find out about family activities and support in the community, simply scan:



Alternatively, read through the content of this leaflet.

In partnership with:


www.bromley.gov.uk/loneliness





Let's talk about... Loneliness!

Loneliness can affect everyone no matter how old they are! Most children and teenagers feel lonely at times, but it can be difficult to talk about it and even more difficult to ask for help. But we can all help to make this easier!

DID YOU KNOW?

Loneliness is when we feel we do not have the meaningful relationships we want around us. There are different types of loneliness, such as:

- When something happens - like going to a new school or moving to a new home
- When you don't feel close to or understood by your family and friends

There is no 'one way' to be or feel lonely.

Things you could do if you feel lonely

- Dance or sing
- Play a sport
- Draw, paint or write
- Chat to someone
- Find friends with similar interests

Find local activities and clubs



LET'S TALK - People to talk to

Be inspired Find stories, messages of encouragement and peer support in the universe of Lonely, Not Alone Visit lonelynotalone.org	Childline Call 0800 1111 Visit childline.org.uk	here4you Visit here4you.co.uk/young-person
	Shout Text Shout to 85258 Visit giveusashout.org	Samaritans Call 116 123 Visit samaritans.org



What to do if... you know someone who is lonely

4 simple actions might make a difference to help someone who is lonely:

- Reach out to them
- Listen to what they say
- Offer to help them
- Encourage them to get help

Support Local Services

Find out how to contact your local support services and find out more about the services available in your area.

Member of the London Borough of Bromley

Befriending services

Find out about how to get help with loneliness and how to help someone who is lonely.

0203 2556100

Find out more about our services



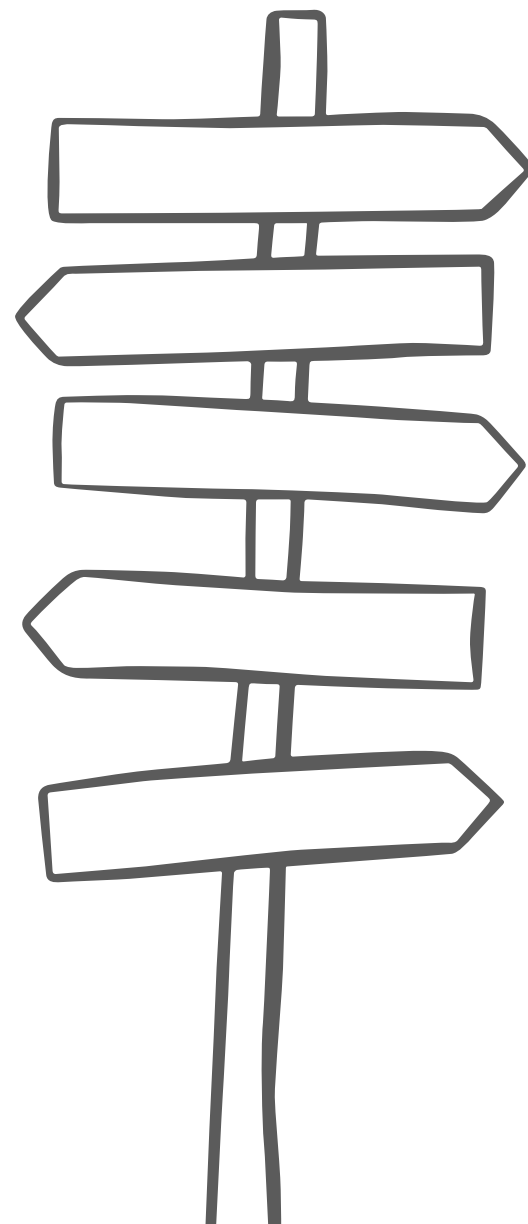

www.bromley.gov.uk/loneliness

Tackling loneliness in Bromley

Digital inclusion Action Group



Resources



Community
Links Bromley



Simply Connect
Bromley



Bromley
Well



Mytime
Active



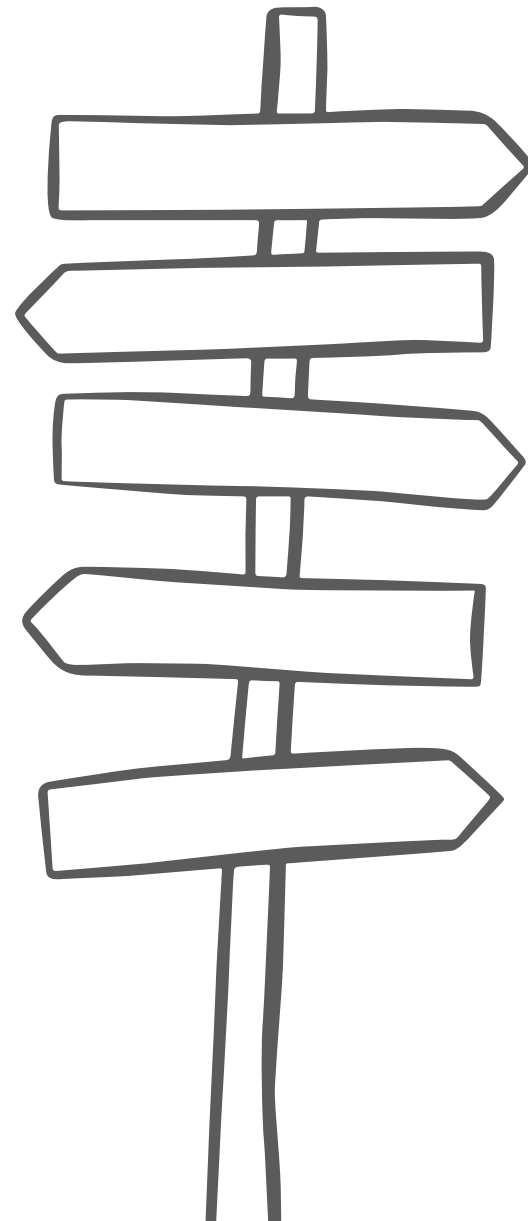
Bromley
Libraries




Bromley
Council




Resources – Simply Connect Bromley




Simply Connect Bromley - connecting you to your local community.



Social Groups & Activities



Healthy Living



Advice, Support & Self-help

Quick search [Explore](#)





THE LONDON BOROUGH

Thank you

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