

**Loneliness Awareness Week**  
**12th – 18th June 2023**

**#ConnectionMatters**

# Connection Matters

## Is loneliness impacting the people you support?

Although they are connected loneliness and social isolation are not the same. Loneliness is feeling alone no matter how many connections you have. Whereas, social isolation is the lack of social relationships / connections (in terms of both quality and quantity). Anyone can experience social isolation and loneliness and it can occur at any point in our lives. There are many triggers such as ill health, relationship breakdown, low self-esteem, being a carer, bereavement, or no known reason.

Both social isolation and loneliness can have an impact on our health and wellbeing, potentially increasing the risk of heart disease, stroke, anxiety, depression and it is comparable to smoking 15 cigarettes a day.

### Can you recognise the signs of loneliness?

- Having less contact with their family or friends
- Low energy levels
- Not sleeping properly
- Not eating / reduced appetite
- Feeling rejected or worthless
- Saying they feel sad, empty or are withdrawn

### Reach Out

Ensure they know that they are not alone

Encourage them to look into activities or groups

Promote volunteering as a great way to meet people and make new connections

## Sources of Support

**Glasgow Helps** – offers free confidential support, information and advice. Phone 0141 276 1185 or visit [glasgowhelps.org](http://glasgowhelps.org)

**Glasgow Life** – support to access culture, sport and physical activity opportunities across the city. Freephone 0808 175 1956 or visit [www.glasgowlife.org.uk/about-us/what-we-do-for-glasgow/reducing-loneliness-and-isolation](http://www.glasgowlife.org.uk/about-us/what-we-do-for-glasgow/reducing-loneliness-and-isolation)

**Volunteer Glasgow** – for range of volunteering opportunities within the city. Phone 0141 226 3431 or visit [volunteerglasgow.org](http://volunteerglasgow.org)

**GCHSCP Carer's Information Line** – information and advice service for carers which is delivered by Glasgow Association for Mental Health. Phone 0141 353 6504

**ALISS** – to find out about resources, services, groups and supports within local communities and online visit [aliss.org](http://aliss.org)

**British Red Cross** – provides local support services, workshops and resources to help deal with and overcome loneliness. Visit [www.redcross.org.uk/get-help/get-help-with-loneliness](http://www.redcross.org.uk/get-help/get-help-with-loneliness)

**Marmalade Trust** – dedicated to raising awareness of loneliness, visit: [marmaladetrust.org](http://marmaladetrust.org)

**Your Support Your Way Glasgow** – provides information, advice and guidance about local services, groups and sources of help. Visit: [yoursupportglasgow.org](http://yoursupportglasgow.org)



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