

You are not alone

Over nine million adults across the UK regularly feel lonely. People of all ages and from all walks of life.

A few examples could be -

- *Individuals affected by COVID19*
- *Individuals who have been on the COVID19 highest risk list*
- *Refugees & Asylum seekers newly arrived in the UK*
- *Being frail or in poor health*
- *Members of the Travelling Community*
- *New parents*

However, there are many reasons why you might start to feel isolated or alone. It could be an occasional feeling or something taking over your entire life.

Without support, the impact can be devastating.

But two thirds of people say they would be uncomfortable talking to friends or family about feeling lonely. As many as 75 per cent of people affected don't know where to turn.

Whether you're facing a crisis or just want to chat with someone nearby, our local team can help.

Connecting with You

Our Connecting with You service is available to people 18+ in Scotland experiencing issues associated with loneliness.

Whether you're feeling lonely and don't know where to turn for a friendly chat, or you're socially isolated and struggling to cope with the demands of life, the British Red Cross can help.

For more information visit - [Get help with loneliness | British Red Cross](#)

To arrange a phone conversation about what kind of support would be most helpful to you, contact the British Red Cross –

- By phone on **07709502127** (Monday - Friday, 10am - 4pm. Calls charged at your standard network rate)
- or by email at connecting-withyou@redcross.org.uk

The British Red Cross is committed to providing a quality service. If you have any comments or complaints, please contact:

Tel: **0300 456 1981**

redcross.org.uk/feedback

The British Red Cross Society, incorporated by Royal Charter 1908, is a charity registered in England and Wales (220949) and Scotland (SC037738).

Connecting with You



A HELPING HAND FOR PEOPLE WHO FEEL ALONE

Refusing to ignore people in crisis

Connecting you back to your community

At the British Red Cross we're here to support thousands of adults of all ages who feel they have nowhere to turn.

During an initial period of up to three months, we aim to help each person to feel better connected and able to enjoy the benefits of being more involved in their local area.

Experience and expertise brought together

Our volunteers and staff are skilled and dedicated. They can draw on decades of British Red Cross experience in helping people to live independently and confidently in their communities.



Support tailored to your wishes

Support will depend on your needs and what is available in your area. It could include things like:

- weekly phone calls to check in with you
- online support
- in-person meetings, if you're comfortable with these
- support getting into new or old hobbies and interests
- help meeting new people, or getting back in touch with people you already know

For each person, our support looks a little bit different. We could help you to:

Rediscover your interests

At an introductory chat with one of our local team members, together we'll explore your interests and what you want to achieve. We'll then identify ways you can start to do the things you want to do – or maybe something similar, but new.

Rebuild your independence

Over the next couple of months, we'll regularly meet up to chat about how you're feeling and give you the support you need to be able to achieve your goals. And together we'll take part in some of the local activities we've found out about and reflect on your experiences of being involved.

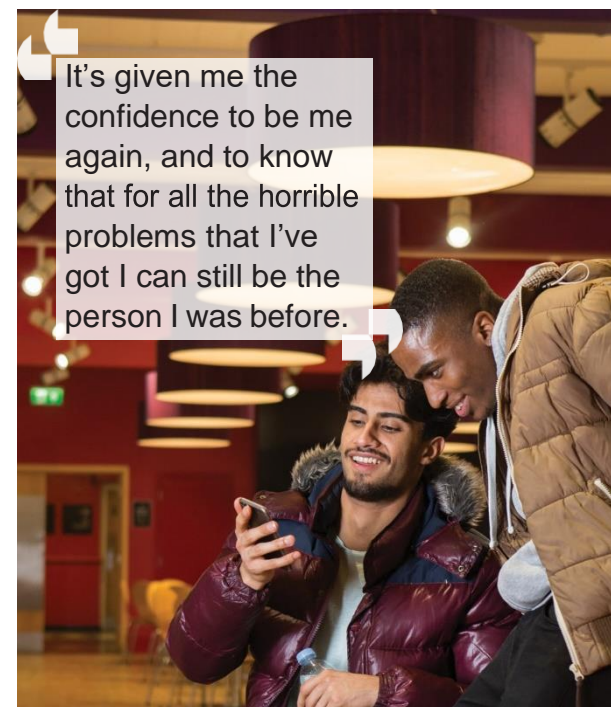
Find new friends

By joining you in local activities that match your interests, we'll introduce you to people who like doing the same things. Drawing on the confidence and sense of independence you've built, you'll have the chance to build new friendships that last.

Enjoy staying involved

As you become more connected to your community, our support will become less intensive. But we'll still be here when you need us.

Throughout our support, and as long as you wish us to, we will monitor our effectiveness and make sure we are helping you achieve the things you want.



It's given me the confidence to be me again, and to know that for all the horrible problems that I've got I can still be the person I was before.