

Isolation & Loneliness: You are not alone

A summary of our report for residents

We spoke with residents about their feelings of loneliness and isolation before and during the pandemic. **250**



The majority (62%) of C&C residents have not experienced feelings of loneliness and isolation. But a third of residents have, with 72% of these stating such feelings have worsened since COVID.

1 in 8

residents regularly (daily/weekly) feel lonely and/or isolated



Here's what C&C is doing to support you:

- We're helping vulnerable residents with food shopping/collecting medical supplies
- We're regularly conducting check-ins / calls with those who are most vulnerable
- We're running a regular online programme of fitness, arts and music visit ccht.org.uk/for-residents/activity-and-events-calendar/
- We're also running outdoor activities when weather and restrictions allow
- We're running regular virtual residents' assemblies
- We're sending out a monthly activity e-newsletter to residents (email us – getinvolved@ccht.org.uk - to subscribe)
- We've donated over 130 tablets to help residents stay connected
- We're working with local authorities and charitable organisations to provide further support
- Finally, visit ccht.org.uk/winter-watch for tips and advice to keep connected, and to read our full loneliness and isolation report.

There are also other organisations that can help you:

- **Silverline** - free confidential helpline for older people, open 24 hours a day. Call 0800 470 8090
- Contact a **Samaritan** if you need someone to talk to, they listen and do not judge you. Call **116 123**
- **Age UK** advice line is open 8am to 7pm every day of the year. They provided advice on money, wellbeing, health and much more. Call **0800 678 1602**

Resident top tips for coping

We asked residents to share their advice on how to manage loneliness and isolation. Here are their top suggestions – which have you tried today?

58%

of all residents said they recommend speaking to a friend or family member to manage isolation and loneliness



55%

Join a local activity, starting a new hobby, or similar



43%

Go out and about (walking)



27%

Connect with people who may feel similar



12% Volunteer



More tips to manage isolation and loneliness

“Read and listen to music or a podcast sometimes instead of watching television”



“Get online if you can – and join one of C&C’s regular online classes”



“Take regular exercise everyday (if able)”



For more support information and to read our full Isolation and Loneliness report, go to ccht.org.uk/winter-watch