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# **Tackling Social Isolation**

We all feel lonely sometimes and Warm Welcome Spaces are a great way to get out of the house, make new friends and try new things. In fact, we polled 6,000 people and the most common reason people gave for visiting a warm space was wanting to connect with people.

You can tackle social isolation in your space through putting on activities, creating opportunities for connection and active listening. (See our handbook for more ideas).

But, if your guests could do with extra advice on getting out of the house and meeting new people, or would like to talk to someone when your local Warm Welcome Space is closed, here are some organisations you can signpost them to:

**Campaign to End Loneliness**A hub of resources, advice, and connections for anyone feeling lonely, as well as toolkits for community groups. [campaigntoendloneliness.org](http://campaigntoendloneliness.org)

**SupportLine**A confidential emotional support helpline for people feeling lonely, anxious, or isolated.
Call: 01708 765200 or go to [supportline.org.uk](http://supportline.org.uk)

**Omega – Chatterbox & Letterbox**A free telephone befriending service (Chatterbox) and pen-pal scheme (Letterbox) for those who are isolated. [omega.uk.net](http://omega.uk.net)

**Re-engage**Run telephone befriending, social gatherings, and activity groups **for older people.** [reengage.org.uk](http://reengage.org.uk)

**Sense Buddying Service**Sense matches disabled people or those with complex needs with volunteer buddies for online companionship. [sense.org.uk](http://sense.org.uk)

**The Silver Line**A free, confidential 24-hour helpline providing friendship and advice to older people.
Call: 0800 4 70 80 90 [thesilverline.org.uk](http://thesilverline.org.uk)

Explore our dashboard for more resources.

Remember everyone needs a helping hand sometimes and asking for help is a sign of strength!