

Age UK Carlisle and Eden

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Charity Number: 1128565



P.A.L.- Prevention Against Loneliness

**Creating opportunities to tackle social
isolation and loneliness.**



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Loneliness is more common than you think.....

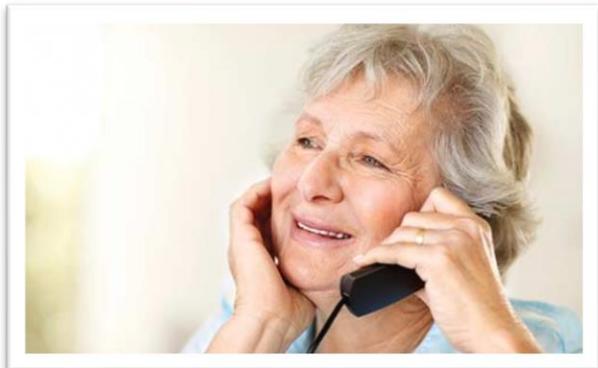
“Currently, a million people over 65 feel lonely ‘often’ or ‘always’ and 3.7 million people live alone, many with no means of getting out and about”

(English Longitudinal Study on Ageing)

Social isolation and loneliness does affect a person’s quality of life.

Life changing events such as becoming housebound, losing your partner or your carer, not having your family around you during the day or a change in your health. This affects your ability to get out and about which can disconnect you from the outside world and leave you feeling lonely.

Often people do not want to ask for help but no one wants to be lonely.



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Do you live alone, have little or no contact from family and friends and have difficulty accessing social groups?

If yes, our P.A.L. project might be what you are looking for.

We can provide:

- ✓ A visit to an individual in their own home
- ✓ Have a friendly chat over a cup of tea/coffee
- ✓ Offer friendship and a listening ear
- ✓ Peer to peer support -connect with like minded individual
- ✓ Support for people to use technology to combat social isolation i.e. mobile phones, ipads.
- ✓ Accompany clients on short walks, outings or to local social activity groups to meet new friends.



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