Some Ideas to help support lonely people in your area

|  |  |
| --- | --- |
| **Post suggestion** | **Photo** |
| Let’s Beat Loneliness TOGETHER! 🙌Give an elderly friend or relative a call, Facetime your friends, or send someone you haven’t spoken to in a while a positive text. You know that it will brighten both of your days! 😄 For more tips you can visit  http://bit.ly/LetsBeatLoneliness #LetsBeatLonelinessTogether #DoingOurBit |  |
| Let’s Beat Loneliness TOGETHER! 🙌That quick ‘hello’ to your neighbour over the garden fence, might be the only person they speak to all day. 👋🏡Take a few extra moments to ask them how they are feeling. It could brighten their day and show that you care. 😄 For more tips you can visit  http://bit.ly/LetsBeatLoneliness #LetsBeatLonelinessTogether #DoingOurBit |  |
| Let’s Beat Loneliness TOGETHER! 🙌Some people have been self-isolating at home alone for a long time. 🏡 Becoming a telephone befriender can be a great way to give back and help these people connect to the outside world. Search for local volunteering opportunities today by visiting <http://bit.ly/DoItStaffs>#LetsBeatLonelinessTogether #DoingOurBit |  |
| Let’s Beat Loneliness TOGETHER! 🙌Asking ‘how are you doing?’ to your neighbour over the garden fence, can make their day. 💬You might be the only person they have spoken to all day…🏡 .Take a few extra moments to ask them how they are feeling. It could brighten their day and show that you care. 😄 For more tips you can visit  http://bit.ly/LetsBeatLoneliness #LetsBeatLonelinessTogether #DoingOurBit |  |
| Let’s Beat Loneliness TOGETHER! 🙌🖥️Online courses can be a great way to meet people, learn new skills and develop interests - all in the comfort of your own home. 🏡 Staffordshire Community Learning offers a wide range of courses to suit everyone - from arts and crafts, languages and creative writing to belly dancing and computing. Visit http://bit.ly/StaffsLearning to browse what’s on offer. For more tips you can visit  http://bit.ly/LetsBeatLoneliness #LetsBeatLonelinessTogether #DoingOurBit |  |
| Let’s Beat Loneliness TOGETHER! 🙌 Some people have been self-isolating at home alone for a long time. 🏡 Check up on elderly neighbours and relatives safely. For more tips you can visit http://bit.ly/LetsBeatLoneliness #LetsBeatLonelinessTogether #DoingOurBit |  |