



**“Let’s talk
loneliness”**

Community: Old Paths and New Directions




What is loneliness?

“Loneliness is a mismatch of the relationships we have and those we want. It is our internal trigger, letting us know it’s time to seek company, in the same way as hunger lets us know it’s time to eat.” *Joseph Rowntree Foundation*

“Loneliness can prompt people to improve their relationships and seek out new ones.” *BBC Loneliness Experiment (55,000 people took part)*

“Embracing community helps us live longer and be happier.” *Harvard Study of Adult Development*



itv NEWS



go for day

Personal Reflection

Has anything resonated with you so far?

Take a moment to think of specific points in your lifetime when you have experienced loneliness.

Or perhaps this is something you have witnessed in others and not known quite how to help?

By building our understanding of loneliness, we can help ourselves and others to manage the feeling



Building our
understanding
of loneliness

“By building our understanding of loneliness, we can help ourselves and others to manage the feeling.”

“In a more connected world, some can feel more disconnected”

“Excessive use of social media can affect our mental health and increase feelings of loneliness”

Marmalade Trust



The following responses were left anonymously by young people across the UK


Personal Reflection

Does it surprise you to hear that young people (16-24) are the most likely age group to feel lonely?

What struck you about what those young people were saying?

Do you think it is harder to cope with loneliness when you are young?



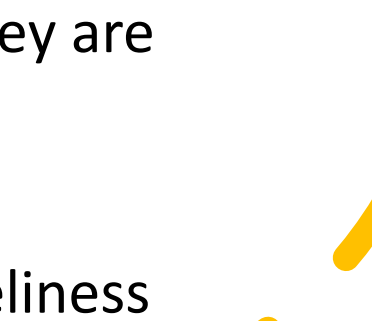


Help yourself and others to feel more connected

- Acknowledge loneliness in yourself or others
 - Accept loneliness is a very normal human emotion

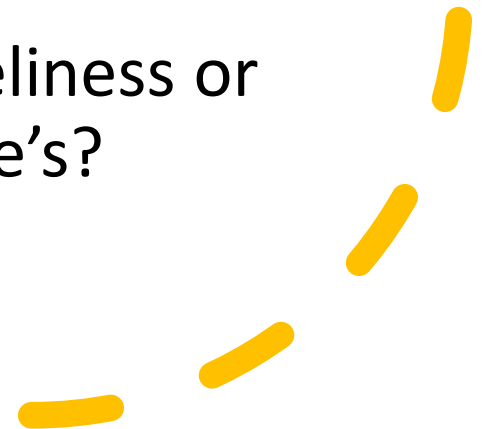
 - Identify what you or they need
 - Know the difference between being alone and being lonely

 - Take the appropriate action
 - Think about how you/they can build up the contact or the sense of community that you/they are currently lacking

 - Destigmatise the language around loneliness
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For discussion

- Recent statistics show that 40% of young people (16-24) reported feeling lonely versus 27% of over 75s. What are your thoughts on this?
- Do you think the COVID 19 pandemic has made people more aware and empathetic to those who may be experiencing loneliness?
- What can YOU do to reduce loneliness or isolation? Yours or someone else's?





We believe that flowers need the rain.
We believe that humans need community.
We believe that bodies need rest.
We believe that hearts need connection.
We believe that mornings need sunrise.
We believe that seasons need change.
We believe that grief needs space.
We believe that change needs time.
We believe that love needs security.
We believe that pain needs art.

We believe that joy needs company.
We believe that our spirits need God.
Again and again, our spirits need God.
Fortunately for us, we trust that
God is here.
God is at work in our lives.
God is a lighthouse keeper that never gives up.
Thanks be to God.
Amen.