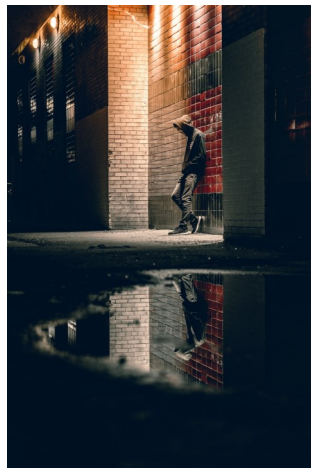


Loneliness & Social Isolation

Over 9 million people in the UK across all adult ages – more than the population of London – are either always or often lonely.
(The Co-op and the British Red Cross)



Half a million older people go at least five or six days a week without seeing or speaking to anyone at all.
(Age UK 2016, No-one should have no one)

There are over 2.2 million people aged 75 and over living alone in Great Britain, an increase of almost a quarter (24%) over the past 20 years

12 per cent of older people feel trapped in their own home
(GfK/NOP, 2006)

Two fifths all older people (about 3.9 million) say the television is their main company
(Age, U.K., 2014. Evidence Review: Loneliness in Later Life. London: Age UK).

Research commissioned by Eden Project initiative The Big Lunch found that disconnected communities could be costing the UK economy £32 billion every year.

If you know someone is lonely or socially isolated, they may be vulnerable, or open to forms of abuse such as mate crime. There is help and resources available to them .

For more information visit www.connecttosupporthampshire.org.uk or to report a concern please contact Hampshire Adults Health & Care on 0300 555 1386