

Loneliness at Christmas

For many, Christmas Day is a time for families to come together and enjoy each other's company. But this isn't always the case, sharing the day with others is sometimes not possible.

Services Available:

Age UK offer elderly people who suffer from loneliness *friendship calls*. People over the age of 18 can volunteer to call an elderly person with similar interests and hobbies once a week for 30 minutes.

The helpline number: 0800 055 6112

<https://www.ageuk.org.uk/services/befriending-services/sign-up-for-telephone-befriending/>.

The Silver Line operates the only confidential, free helpline for older people across the UK that's open 24 hours a day, seven days a week.

The helpline number: 0800 470 80 90

<https://www.thesilverline.org.uk/>

The Samaritans offer a safe place for you to talk any time you like, in your own way – about whatever's getting to you. You don't have to be suicidal.

The helpline number: 116 123 (UK)

<https://www.samaritans.org/news/samaritans-volunteers-set-listen-hundred-thousand-hours-christmas>

