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An A-Z of organisations and websites on ageing, loneliness and social isolation

A Housing LIN Practice Briefing

About this briefing

This briefing lists a number of national organisations by A-Z that produce useful information and advice about loneliness and social isolation in later life.

If you are aware of an organisation that should be included in this directory, please email us at: info@housinglin.org.uk

• Age UK

Age UK offers support and information on the topic of loneliness. This includes befriending services, transport, social activities, day centres, lunch clubs and IT training. Their loneliness hub includes a video testimony of the befriending service, presenting the experience of how the service has given an older person a new friendship, and how it impacted their life.

• Age Scotland

Age Scotland works to tackle loneliness and social isolation among older people. They tackle it on a practical level through the Age Scotland helpline, their Community Connecting service, and their work with community groups, as well as through their Independent Living initiatives such as Good Day Calls.

In addition, their Community Connecting service helps people make contact with community services that offer friendship, social activities, health and fitness groups and events. More at: <https://www.ageuk.org.uk/scotland/what-we-do/tackling-loneliness/community-connecting>

• Befriending UK

Befriending UK allows people to find befrienders, to volunteer as a befriender and highlights information around befriending networks. It also contains a resource page with information on loneliness and isolation, as well as information for those wanting to become befrienders.

• British Red Cross

British Red Cross helps people connect to their community by meeting new friends, rediscovering their interests or finding new ones and building their confidence. They offer tailored support which lasts for three months.

• **Campaign to End Loneliness**

Campaign to End Loneliness is a cross-organisational initiative that aims to end loneliness in the UK. Their web page contains research, evidence and knowledge on the issue of loneliness and have dedicated pages for loneliness resources.

And for information on research into loneliness, visit:

<https://www.campaigntoendloneliness.org/loneliness-research/>

• **The Centre for Ageing Better**

The Centre for Ageing Better is a charity aimed to create change in policy and practice to improve health, communities, housing and employment in England. Around loneliness, they aim to encourage age-friendly and inclusive volunteering and a UK Network of age-friendly communities.

• **Independent Age**

Independent Age is a charity that aims to provide clear and helpful advice around independence and ageing – a major focus of Independent Age is to provide information on the topic of loneliness and isolation.

• **The Jo Cox Foundation**

The Jo Cox Foundation is aimed to inspire positive change at the local, national and international level – centred on developing stronger communities, and a sense of belonging for people in these communities.

The foundation has a dedicated directory to resources on loneliness. It contains information on support for older people, support for specific groups, volunteering opportunities, organisations that directly address loneliness and emotional support resources.

The loneliness directory can be found here:

https://www.jocoxfoundation.org/loneliness_directory

• **Let's Talk Loneliness**

Let's Talk Loneliness brings together organisations, resources and inspirational stories that are united in encouraging people to talk about loneliness. It contains a resource map that helps people find organisations and events near them supporting those experiencing loneliness.

• **Mind**

Mind has a dedicated page to managing loneliness, where it defines it, presents what causes it and provides practical tips to help manage it, as well as resources for where to get additional support for it.

• **The Older People's Commissioner for Wales**

Ageing Well in Wales is a national Programme hosted by the Older People's Commissioner for Wales. It brings together individuals and communities with public, private and voluntary sectors to develop and promote innovative and practical ways to make Wales a good place to grow older for everyone.

The Ageing Well programme has a core aim to reduce loneliness and isolation among older people in Wales, and provides a resource hub for information on loneliness and the project. The resource hub can be accessed at:

<https://www.ageingwellinwales.com/en/resource-hub/li-resources>

• **Re-engage**

Re-engage is a charity committed to tackling social isolation by helping older people to re-engage with their communities through regular face to face contact, giving them friendship and something to look forward to. Their website contains important news and publications around the issue of loneliness and isolation in the UK.

• **Samaritans**

Samaritans' project: Brew Monday aims to understand people's opinions and thoughts on loneliness and isolation and fundraises to encourage people to come together over sharing a cup of tea.

• **SCIE**

SCIE has a page dedicated to loneliness and isolation resources, which includes research on prevention, wellbeing, mental health and the BAME communities.

• **The Silver Line**

The Silver Line operates a free and confidential helpline for older people across the UK that's open 24/7 every day of the year. They also offer telephone friendship where volunteers are matched with older people based on their interests, facilitated group calls, and help them to connect with local services.

• **U3A**

U3A is a UK-wide movement which brings together people in their 'third age' to develop their interests and continue their learning in a friendly and informal environment.

Their project [#LearningNotLonely](#) contains research that details sustainable and positive approaches to ageing, built on group learning, skill sharing and volunteering. Additionally, U3A has a page dedicated to methods of collaborative studying and staying in touch with others and the organisation.

Acknowledgements

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About the Housing LIN

The Housing LIN is a sophisticated network bringing together over 25,000 housing, health and social care professionals in England, Wales and Scotland to exemplify innovative housing solutions for an ageing population.

For more information on combatting loneliness and reducing social isolation in a housing setting, visit the Housing LIN's dedicated topic pages at:

<https://www.housinglin.org.uk/Topics/browse/loneliness-and-isolation/>

If you would like to talk through how the Housing LIN can support your organisation share the learning and help improve your services, please do not hesitate to contact our consultancy services. More at: <https://www.housinglin.org.uk/consultancy/>

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