



SAFEGUARDING

OUR BI-MONTHLY SAFEGUARDING NEWSLETTER

MARCH - APRIL 2023 • LONELINESS



WHAT'S INSIDE?

In this month's issue we are raising awareness of **loneliness** and **how to overcome it**, as it is a big issue for many people.

In this issue, we will explain **what loneliness is**, **how it can affect many individuals** and some **ways to overcome it**.

WHAT IS LONELINESS?

Loneliness is an issue that can affect us all, young or old and at any point in our lives. It is an emotional response to perceived isolation but can also be described as social pain too.

Loneliness is often associated with a perceived lack of connection and intimacy, even if you are surrounded by other people, which is why there is a distinction between **being** alone and **feeling** lonely.

According to a report published by the **Mental Health Foundation**, called '**The Lonely Society**' the data that was provided by over **2,000 people**, found that **48%** of them, believed that Britain is becoming a lonelier place.

Loneliness can be **short term** or **long term** but no matter which it is, it can lead on to or even cause some **serious** mental health issues, such as an individual being more susceptible to dementia, depression - which can lead to suicide or schizophrenia. These are all topics that are just as important and as serious as one another.





WAYS TO TRY AND HELP OVERCOME LONELINESS:

The best ways to try and help overcome loneliness are the ways that involve people and also ways that you don't try to do absolutely everything at once.

Small targets need to be set for you to work towards and easily achieve. You should not focus on the things that you can not change as this could possibly make it worse.

It could be quite **beneficial** to share experiences, thoughts or ideas to a new group of people, as this is a way to help relieve you from the weight off your shoulders and someone else may have also gone through or be going through something similar.

Eating healthier food, exercising and getting enough sleep are ways that will help you in the long run, and will also allow you to take care of yourself. Taking a workout class could be extra beneficial to do some **self care** but also to meet to people and talk about everyone's different **experiences**.

- **Getting a new job or starting a new hobby** is a great way to have an outlet to meet new people and try new things, whilst also sharing your skills and upgrading them.
- **Practising self-care** is a great way to stop yourself falling into a negative headspace and going in a downward spiral. It also helps to **reminisce** and remind yourself of all the good things in life.
- Saying **positive affirmations** to yourself can boost your mood and make you feel happier.
- Even **reaching out to people** and **talking** about how you feel is a helpful way to cope as it provides a shoulder to cry on or a listening ear. You could also be the listening ear to whom you confided in and realise you aren't as alone as you once thought.

WHAT TO DO IF YOU ARE STRUGGLING:

You should contact Samaritans as they are available **24/7** and will guide and help you. They offer a free phone service which you can call on **116 123** and if you prefer to write things down or it helps you to better understand, there is also an email service which is **jo@samaritans.org**

USEFUL LINKS & FURTHER INFORMATION

Call Mind on 0300 123 3393

If you wish to speak to someone and get some support from them.

Link: www.mind.org.uk/about-us/contact-us/

Samaritans

If you wish to contact someone and be able to do so at any time of the day, every day of the year call 116 124

Link: www.samaritans.org

Alternatively you can visit the link: ruralcoffeecaravan.org.uk/meetupmondays-home/

Which is a website that surrounds you with people to chat and not feel so alone.

9 PROTECTED CHARACTERISTICS

- Age
- Disability
- Gender Reassignment
- Marriage & Civil Partnership
- Pregnancy & Maternity
- Race
- Religion or Belief (including lack of belief)
- Sex
- Sexual Orientation

PREVENT DUTY

The Prevent Duty is part of the government strategy to reduce the risk of Extremism, Terrorism and Radicalisation.

[View our Prevent Leaflet](#)

Report possible terrorist activity online If you are concerned about someone or see anything suspicious call the local police or the police anti-terrorist hotline on 0800 789 321.

BRITISH VALUES

British Values are defined as;

- Democracy
- The Rule of Law
- Individual Liberty
- Mutual respect for and tolerance of those with different faiths and beliefs and for those without faith.

OUR SAFEGUARDING TEAM

Contact Steadfast Training's Safeguarding team on 0845 223 2401 or email sonia.roberts@steadfasttraining.co.uk or ian.gow@steadfasttraining.co.uk

If you wish to raise an issue of safeguarding for a learner or individual related to Steadfast Training Ltd in any way, please contact the centre immediately on: 0845 223 2401.

[Report a Safeguarding Issue](#)



For more information on anything covered in the newsletter, feedback or ideas for the next issue, please contact us on info@steadfasttraining.co.uk.