**Top tips to reduce loneliness and social isolation – How we can all help**

Loneliness and social isolation can affect anyone, if people are experiencing social isolation due to poor health, disability, bereavement, retirement or lack of transport, then it can have a negative impact on their wellbeing. Not everyone who is alone is lonely and some people may choose to be alone by choice then this is a different matter. We all have a responsibility to keep ourselves and others safe in the community and the Doncaster Safeguarding Adults Board have developed some top tips on how we can all help support this;

**TOP TIPS**

* **Say hello!** We all like to be acknowledged and small gestures often mean the world.
* **Say ‘I’m here’ with something delicious** – Next time you make dinner and have a spare portion, why not pop it round to gift it to an elderly neighbour or relative?
* **Ask if you can help -** Ask if they would like anything picking up whilst you are at the supermarket or shop.
* **Offer a lift –** Many people have had to give up their personal transport due to ill-health or old-age and this can be a key contributing factor towards their social isolation.
* **Introduce the internet and get connected -** Technology – such as mobile phones – and the internet can be confusing to older people at first but, with the right instruction and the right type of device, they can have a very positive impact on loneliness.
* **Know how to get help -** Make sure people who live on their own have access to all the phone numbers they may need in an emergency or if they require help or support
* **Check on them –** Some people are at risk from being housebound or isolated in the winter months, either due to the weather or illness, so it’s especially important that we take a moment to check-in on them
* **See if you can learn a lesson -** Sometimes, because a person is elderly, in poor health or housebound, we forget that they have a wealth of life experience under their belts which we could readily learn from.
* **Become a Volunteer or Befriender –** 1 hour per week could make a real difference, you could become a volunteer or befriender, for more information on how to do this visit <https://www.yourlifedoncaster.co.uk/>

We can all contribute and help **Keep People Safe** by being the eyes and ears in our communities and watching out for each other.

To report a safeguarding concern go to <http://www.doncaster.gov.uk/doitonline/reporting-a-safeguarding-concern>

To report a concern around someone’s wellbeing email wellbeing@doncaster.gov.uk or for advice 01302 735553

For more information on services to keep people well, safe and connected visit <https://www.yourlifedoncaster.co.uk/>