Support with Loneliness and Isolation

You Are Not Alone

Feeling lonely or isolated is more common than many people realise. Long-term loneliness and a lack of social connections can affect both our **mental and physical wellbeing**. Support is available, and small steps can make a big difference.

Whether you would like company, someone to talk to, or help getting involved in your community, there are services that can help.

The **Wellbeing Team** can support you. If loneliness or isolation is affecting your wellbeing, you can contact them to talk things through and get help finding local support, community activities, and practical ways to feel more connected.

You can also access a range of organisations that offer advice, listening support, and guidance if you're struggling.

Useful Support Services

Devon Connect

Online community hub that helps people connect with their local community and take part in social activities.
https://devonconnect.org/north-devon-and-torridge

Barnstaple Library

A friendly and welcoming space, open six days a week. The library runs regular and one-off events, groups, and activities for people of all ages.
https://www.devonlibraries.org.uk/web/arena/barnstaplelibrary

The Woodyard-Mindful Mondays

Modern life can be an exciting whirlwind of opportunities. But it can also be overwhelming and, at times, lonely.

In the spirit of the fictional 'Woodyard' to create a safe space to connect, to share and to reduce isolation, we are holding community drop-in sessions at Castle Chambers Café, (26 Castle Street, Barnstaple) on the second and fourth Monday of every month, from 10.00am to 2pm.

'Mindful Mondays' will help you to start your week in a calm and positive way in a warm and welcoming environment with a range of activities focusing on mindfulness, wellbeing and self-care. The very best way to start your week with a calm mind and positive outlook.

Mindful Mondays is a community initiative run by The Woodyard project in collaboration with the Castle Chambers Café, Space to Be Wellbeing CIC, NDVS and Barnstaple Town Council

The Woodyard-Reading for Wellbeing

A gentle, supportive group or individual experience using books and storytelling as a tool for reflection, discussion and emotional healing.

'Reading for Wellbeing' was initiated and part funded by award-winning author Ann Cleeves in recognition of the solace Ann has found in stories throughout her life. Ann wanted to give something back to the region given the success of 'Vera', which is based in the North East and became a hugely successful television series.

Trained community reading workers engage with groups and individuals to introduce or reintroduce them to the joy and escape of reading and bring people together to share their ideas and enthusiasms without any fear of being judged.

https://thewoodyard.org.uk/reading-for-wellbeing/

Virtual Village Hall

The Virtual Village Hall is a free online activity hub and community. It's designed by the charity, Royal Voluntary Service, to help people stay mentally and physically active, socially connected and having fun. It supports people to better manage their health, including long-term health conditions and healthy ageing.

https://virtualvillagehall.royalvoluntaryservice.org.uk/

Vista Wellbeing

A community interest company offering **tailored activity programmes** for people

living with long-term health conditions or those who find it difficult to access mainstream services.

https://www.vistawellbeing.org.uk/

Age Concern (Barnstaple)

Community Activities

- Fish & Chip Lunch Club-enjoy good food and good company
- Pop-in mornings- refreshments and companionship
- Community Singing- sing old favourites and raise the roof
- Afternoon Club- enjoy bingo, seasonal crafts and activities
- Seated Exercise- improve your balance and mobility
- Library Club- broaden your horizons with interesting speakers

https://ageconcernnorthdevon.org.uk/#

Remember

- Feeling lonely does not mean you have failed
- Asking for support is a positive step
- Even small connections can improve wellbeing

If you would like help accessing any of these services, speak to **The Wellbeing Team**.