

# Feeling lonely? Isolated?

All of us can feel lonely from time to time, but for some people it can become overwhelming and very distressing. Here are some organisations that might be able to help. Why not get in touch?

## A helping hand

### Self Help Nottingham

Information on a variety of self help groups locally. Please visit

[www.selfhelp.org.uk](http://www.selfhelp.org.uk)  
or call **0115 9111661**.

### Rushcliffe Mental Health Carers Group

A self help group for people in Rushcliffe who care for someone with a mental health problem. Information, mutual support and occasional speakers at meetings. Please call **0115 9232357**.

### Rushcliffe Reach-out Group

For those with an interest in mental health and wellbeing, every Wednesday, 1:30pm at The Embankment. Attendees can socialise, meet new people and share support, knowledge and skills. For further information, please call **0115 9455990, option 1**.

### Community Outreach Advisor

This service is for those in Rushcliffe over 50, who need some advice or information on a whole range of issues from benefits, keeping warm and adaptations to local social groups, pensions and getting out and about. Please email [admin@rushcliffecvs.org.uk](mailto:admin@rushcliffecvs.org.uk) or call **0115 9699060**.

### The Silver Line

This is the confidential, free helpline for older people, open every day and night of the year. Please visit [www.thesilverline.org.uk](http://www.thesilverline.org.uk) or call **0800 4 70 80 90**.

### First Contact signposting service

If you're 60 or over, First Contact gets you help from lots of organisations, including advice on local activities and groups, claiming benefits, home safety and security. Please visit Nottinghamshire County Council at [www.nottinghamshire.gov.uk/firstcontact](http://www.nottinghamshire.gov.uk/firstcontact) or call **0300 500 8080**.

## Getting around

### Rushcliffe Voluntary Transport Scheme

A car scheme to help people with no access to transport to make their journeys. Please email [admin@rushcliffecvs.org.uk](mailto:admin@rushcliffecvs.org.uk) or call **0115 9699060**.

## Meeting people

### Linger by the Lake

Social coffee morning at Rushcliffe Country Park, to help those who feel lonely and isolated. They take place on the 1st and 3rd Wednesday of the month between 10am and 12noon.

### Nottinghamshire County Council Libraries

Take part in one of our many reading groups, reading cafés and activities and meet new friends and find new interests. For further information, please contact Ask Libraries on [asklibraries@nottscc.gov.uk](mailto:asklibraries@nottscc.gov.uk) or **01623 664 943**.

### The Volunteer Centre

Volunteering can have numerous advantages and there are plenty of opportunities. The act of doing something useful for someone who really needs your help, will give you happiness and satisfaction. For further information, email [volunteer@rushcliffecvs.org.uk](mailto:volunteer@rushcliffecvs.org.uk) or call **0115 9699060**.

## Being active

### Rushcliffe Ramblers Sunday Short Walk Programme

The Rushcliffe Ramblers are running a series of interesting short walks around West Bridgford over the next few months. For further information, please contact the Walk Leader on **0115 981 0420** or **0775 145 8041**.

### Rushcliffe Move & Mingle

Provide a programme of health walks. They offer 3 walks every week of varying lengths up to 4 miles. Anyone interested in finding out more, either as a walker or as a potential leader, please call **07754 076044**.

## Making friendships

### Kindred Spirits (AGE UK)

Would you like to make new friends, share good times and enjoy life? There are hundreds of activities for people in later life available from 'Kindred Spirits' at Age UK Notts, including coffee mornings, lunches, walks, chair based exercise, scrabble, day trips, holidays and lots more.

For further information, please email [membership@ageuknotts.org.uk](mailto:membership@ageuknotts.org.uk) or call **0115 841 4473**

### Rushcliffe Befriends

Aims to reduce the isolation of people aged over 50 and support them to be more involved in their communities by matching them with a volunteer, also aged over 50.

For further information, please email [befriends@rushcliffecvs.org.uk](mailto:befriends@rushcliffecvs.org.uk) or call **0115 9699060**.

### For further advice and support about your wellbeing, please contact:

Insight Healthcare on [www.mhco.org.uk/nottingham](http://www.mhco.org.uk/nottingham) or **0300 555 5579**  
or

Let's Talk Wellbeing on <http://www.nottinghamshirehealthcare.nhs.uk/our-services/local-services/lets-talk-wellbeing/lets-talk-wellbeing-nottinghamshire-county-service> or **0115 956 0888**.