

Loneliness: Support and Further Reading

Recommended Books

- ***A Great Place to Grow Old*** by Tina English
- ***Extra Time – 10 Lessons for Living Longer Better*** by Camilla Cavendish
- ***Finishing Well*** by Ian Knox
- ***The Age of Ageing Better?*** by Dr Anna Dixon
- ***A Vision for the Ageing Church*** by James M Houston and Michael Parker

Websites

Age UK Report on Loneliness – 2018

www.ageuk.org.uk/globalassets/age-uk/documents/reports-and-publications/reports-and-briefings/loneliness/loneliness-report_final_2409.pdf

Loneliness in Older People Guidance –

Written for Faith in Later Life by Professor Keith Brown and Karen Grimshaw, and endorsed by the All Party Parliamentary Group on Longevity, this guidance resource expertly sets the context of loneliness amongst older people (in the UK) as well as the work that Christian organisations are involved in in this area, and shares helpful ideas and tools to enable groups and individuals in engaging with loneliness in a variety of contexts.

www.faithinlaterlife.org/fill-resource/loneliness-in-older-people-guidance-on-how-christian-faith-organisations-can-support-older-people-facing-loneliness/

DailyHOPE Telephone Line – Faith in Later Life is delighted to offer the free phone line service DailyHOPE (available any time, on 0800 804 8044) to support older people, especially those who are not able to participate with church life in person, and who are not able to access online provision.

www.faithinlaterlife.org/fill-resource/daily-hope-promotional-resources/

Mind – Supporting Mental Health Issues

www.mind.org.uk/information-support/tips-for-everyday-living/loneliness/about-loneliness/

‘The State of Loneliness’ – From the Campaign to End Loneliness - A review of data from the Office of National Statistics regarding loneliness.

www.campaigntoendloneliness.org/wp-content/uploads/The-State-of-Loneliness-2023-ONS-data-on-loneliness-in-Britain.pdf

