

# Easy Read News



# Social Isolation



## What is Social Isolation?

People who stay at home alone for long periods of time and are cut off from their activities, friends, family, support and community are socially isolated.



Research shows having nothing to do and no-one to talk to can make people feel sad, lonely, bored, helpless and this can lead to anxiety, stress, mental health issues and changes in behaviour.

Not everyone is affected the same way. Some people enjoy being on their own and are able to stay happy and healthy.



Since 2018 the Government has been looking into what they need to do to help those people who are alone and feel unsupported.

## How does it happen?



Different things like the loss of a job, lack of money to take part in activities or social clubs, fear of going out, no travel opportunities, illness, having a baby or lock down because of coronavirus can cause social isolation.

## Who does it affect?

Social isolation can happen to anyone at any time. At the moment everyone is affected. A lot of people in care homes are socially isolating because of the coronavirus.





Many of us have not been able to go out since March 2020. Here are some of the ways that social isolation has affected us:

**Lisa:** "I can't see my family, do my activities or access the community. I can't attend Slimming World classes and sometimes I feel annoyed and frustrated."



**Richard:** 'it causes me unnecessary stress. I cannot go out and do the things I enjoy with friends and family. I get anxious and I panic'.



**Angela:** "I am not able to see my sister and my friends at the Day Centre. I feel upset."

### What are Walsingham Support doing to help?

We interviewed Wendy and Clare to ask them how staff have been supporting people. They told us staff had helped:

1. people to stay in touch with their families and friends.
2. some people to get computer or phone equipment that they needed to take part in activities online.
3. by running online activity sessions. They have language, arts & crafts, karaoke, bingo, cooking, and nature watchers sessions for you to join in.
4. by recruiting more volunteers to do online activities. Email Clare to suggest ideas and find out more about these activities. [clare.bugler@walsingham.com](mailto:clare.bugler@walsingham.com)





How can staff help and support us at this difficult time? Here are some of our thoughts:



1. Keep up the key working sessions
2. Spend quality time with us
3. Help us with technology

We have also been talking about what makes our lives better and we have some Top Tips to share with you:

## Top Tips



1. Keep in touch



2. Listen to music



3. Keep doing celebrations



4. Keep active and exercise



5. Keep up with chores



6. Find activities to keep you busy



7. Write a book or diary



8. Learn new things



9. Ask for help to do activities online