

## Staying in touch in later life

Dear colleagues,



There are many reasons why people can start to feel **lonely** or **isolated** as they get older - after retirement or the loss of a loved one, because social circles tend to shrink as we get older, or because of problems with health and mobility. Indeed, not everyone who is isolated or lonely is necessarily an older person.

### Why it's a particular issue locally

- Almost half of all older people in the 3 boroughs live alone\*
- 47% of all households in RBKC are one person households, the highest in the country. In Westminster the number is 45% (2<sup>nd</sup> highest nationally) and in Hammersmith and Fulham the figure is 38%\*

The issue of isolation and loneliness has many causes and many symptoms, but also many solutions.

To help, **People First** has a wealth of activities in the [Events section](#) - over 100 a day - which will help people stay connected. These include activities for the housebound. Use the filter options on the left of the Events screen to find specific activities.

On our [Staying in touch in later life](#) page we have drawn together comprehensive information about local day centres, hubs and befriending opportunities.

There are also links to help with [travel and transport](#), [volunteering](#) and help with 'beating the blues' for those feeling down or depressed. Take a look also at the [Work and Learning](#) sections.

Carers can also feel isolated. Our [Support for Looking After Someone](#) area has information on how we can offer support to carers.

As with all our emails please help us spread the word about People First to the public and to professionals by forwarding this email on to people in your organisations and networks.

Thank you

The People First team



\*Source : [Joint Strategic Needs Assessments for the 3 boroughs 2013- 2014](#)



## What is People First?

[People First](#) is the core **Information and Advice** web service for residents, staff and fellow professionals, run by the Adult Social Care departments of Hammersmith & Fulham, Kensington and Chelsea and Westminster. Our aim is to provide easy-to-use, jargon free and engaging information in a bright visual way that will help keep people stay safe, well and independent.



Comments, ideas, suggestions? Let us know! [peoplefirst@rbkc.gov.uk](mailto:peoplefirst@rbkc.gov.uk)