

End loneliness by supporting those in need

A national initiative to end loneliness by encouraging residents and community groups to support those in their parishes who are most affected is being supported by Mendip District Council.

To support the national Campaign to End Loneliness, Mendip will host an event on Thursday, April 14, at 6.30pm in the Council Chamber.

The aim is to raise awareness of the issue and offer ideas on what groups can do to help.

Loneliness is a bigger issue than simply an emotional experience. According to research, loneliness and social isolation are harmful to both physical and mental health.

The evening will start with an informative talk to raise awareness of the wide ranging effects of loneliness followed by two short presentations of examples of good practice.

After the presentations attendees will be free to wander around the stands and chat to organisations or groups that will be represented on the evening.

These groups include Chilcompton Luncheon Club, Frome Men's Shed, Health Connections and Somerset Village Agents.

Nigel Woollcombe-Adam's, portfolio holder for Health and Wellbeing, said: "I hope the evening will inspire people to set up new initiatives in their own patch of Mendip, or perhaps learn from others how to have a greater impact from their current groups.

"I encourage all parishes to attend the event, whether it's elected parish or town councillors, parish clerks, community groups, church groups, village hall representatives, district councillors or any concerned member of the public who wants to play their part."

For more information visit www.campaigntoendloneliness.org/ call Sally Gubb on 0300 303 8588 or send an email to sally.gubb@mendip.gov.uk