

End Loneliness event taking place in Mendip this month (Frome)⁷

Mendip District Council are getting behind a national initiative to end loneliness in the UK by encouraging local residents and community groups to support those in their parishes who are the most affected.

To support the current national 'Campaign to End Loneliness', Mendip District Council are holding an event on Thursday 14 April at 6:30pm in the Council Chamber to raise awareness of the issue and offer ideas on what local groups can do to help.

Loneliness is a bigger issue than simply an emotional experience. Research shows that loneliness and social isolation are harmful to both our physical and mental health so it's important that we take steps now to reduce this problem.

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 various stands and chat to a variety of organisations or local groups that will be represented on the evening. These groups will include the Chilcompton Luncheon Club, the Frome Men's Shed, Health Connections and Somerset Village Agents among many others.

Nigel Woollcombe-Adams, 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"

To find out more about the 'Campaign to End Loneliness' visit <http://www.campaigntoendloneliness.org/> or contact Sally Gubb at sally.gubb@mendip.gov.uk or 0300 303 8588

⁷ Chew Valley Gazette

<http://www.chewvalleygazette.co.uk/article.cfm?id=100275&headline=End%20Loneliness%20event%20taking%20place%20in%20Mendip%20this%20month§ionIs=news&searchyear=2016>