



You are not alone

Over nine million adults across the UK regularly feel lonely. Here in Jersey we can support people from all walks of life that might be struggling to cope.

- Have you recently experienced a bereavement?
- Are you affected by ill health?
- Have you recently retired?
- Are you divorced or separated?
- Do you have difficulties getting around?
- Have you become a new parent?
- Have your children just left home?

There are so many reasons why you might start to feel isolated or alone. It could be an occasional feeling or something taking over your entire life.

“It’s given me the confidence to be me again, and to know that for all the horrible problems that I’ve got I can still be the person I was before.”

Patricia, service user

Without support, the impact can be devastating. Two thirds of people say they would be uncomfortable talking to friends or family about feeling lonely. As many as 75 percent of people affected don’t know where to turn.

Whether you’re facing a crisis or just want to chat with someone, our local Jersey team are here for you.

To find out more contact:

Theresa Radiguet on 07700 720623

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The British Red Cross Society, incorporated by Royal Charter 1908, is a charity registered in England and Wales (220949), Scotland (SC037738), Isle of Man (0752) and Jersey (430).
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Jersey Connecting Communities

A helping hand for people who feel alone

Working with



**Jersey
Community
Foundation**
With funds from Dormant Bank Accounts

**The power
of kindness**

Our Connecting Communities service is available to all adults across Jersey.

Whether you're feeling lonely and don't know where to turn for a friendly chat, or you're isolated from the community and struggling to cope with the demands of life which may have been made worse by Covid-19, the British Red Cross can help.



Photo: © Simon Rawles/British Red Cross.

Experience and expertise brought together

Our volunteers and staff are skilled and dedicated. They can draw on decades of British Red Cross experience in helping people to live independently and confidently in their communities.

Everything we offer is built around enabling people to realise the things they want to achieve. Together we'll develop a specially tailored plan of activities focused on helping you towards the brighter and better-connected future you want. For each person, our support looks a little bit different.

Rediscover your interests

At an introductory chat with one of our local team members, together we'll explore your interests and what you want to achieve. We'll then identify ways you can start to do the things you want to do – or maybe something similar but new.

Rebuild your independence

Over the next couple of months, we'll regularly meet up to chat about how you're feeling and give you the support you need to be able to achieve your goals. And together we'll take part in some of the local activities we've found out about and reflect on your experiences of being involved.



Photo: © Dan Prince/British Red Cross.

Find new friends

By joining you in local activities that match your interests we'll introduce you to people who like doing the same things. Drawing on the confidence and sense of independence you've built, you'll have the chance to build new friendships that last.

Enjoy staying involved

As you become more connected to your community, our support will become less intensive. But we'll still be here when you need us.

Throughout our support, and as long as you wish us to, we will monitor our effectiveness and make sure we are helping you achieve the things you want.