Social Isolation

Have you recently lost a loved one?
Have you recently moved to the area and have no local support network?
Do you live alone and need some support?
Have you recently retired and are struggling to adjust?
Do you have a disability which makes it difficult for you to get out?
Are you a carer?

Help is at Hand….

Research has shown that more and more of us are at risk of becoming lonely and isolated once we reach the age of 50. This could be triggered by a number of factors such as losing a loved one, moving to a new area, retiring, caring for a friend or relative or changing physical or mental health.

There are now a few local projects designed to help you with issues such as financial planning, adjusting to retirement, coping with bereavement, housing advice and so on. Some are also designed to adapt to your requirements and to establish bespoke plans to suit your needs. For example, you may wish to find out about local groups where you can partake in a hobby with other like-minded people or to have a person drop in for a chat with you once a week. Alternatively, you may wish to volunteer yourself and find out about volunteering opportunities which will also give you personal satisfaction and help you as well as others.

If you would like information from our Wills and Probate team, we will, of course, speak to you about this confidentially and help to point you in the right direction. If you would rather not discuss this with us, but would still like to know more, you may wish to contact the following:

Ageless Thanet

Ageless Thanet work with the Citizens Advice Thanet to provide free, 1 to 1, intensive support and life planning to people who are 50 plus. They have fully qualified, highly skilled Life Planners available to work with you and understand your needs, wants and desires and develop a bespoke plan just for you. Their service is free, confidential, impartial and independent. They can be contacted via:
agelessthanetadmin@thanetcitizensadvice.co.uk
Telephone: 01843 808685

Age UK

Age UK Thanet offer a range of services to people living within the Thanet area to help maintain independence and reduce social isolation. Their current services include meals delivered to your home, a befriending service, footcare, a handyman and a wide range of other initiatives such as information and advice and day care services.
Telephone: 01843 223881

Thanet Community Support service

thanetgns@thanetvolunteerbureau.co.uk
Telephone: 01843 609337

Address: Kent Innovation Centre, Thanet Reach Business Park, Millennium Way, Broadstairs, CT10 2QQ.

Thanet Community Support provides the Good Neighbours Service which is a volunteer befriending service aimed at reducing the feeling of loneliness and isolation among older people in the community.
It is open to anybody aged 60 or above. The service includes being matched with volunteers (of all ages) who can visit you regularly to:

- Have a cup of tea and a chat.
- Go out shopping with / for you.
- Get on the bus with you.
- Just go on a stroll with you to help you gain confidence.

If you would prefer a chat over the telephone, they can arrange for one of their telephone befrienders to get in touch with you.

Thanet Community Support Partnership

Thanet Community Support Partnership can also provide information on lots of local groups and services on:

http://www.thanetsupport.co.uk/junior-category.php?id=112

Telephone: 01843 597115

For further information please contact us via email or telephone:

hello@robinson-allfree.co.uk 01843 592361