



Loneliness Awareness Week 2021

This year, Loneliness Awareness Week takes place from 14th – 18th June. Hosted by Marmalade Trust, Loneliness Awareness Week is an annual campaign which raises awareness of loneliness, helping people make new friendships and getting people talking about loneliness.

We get lonely, but we do not all get loneliness. We all feel lonely at times – it is a natural human emotion. We are all biologically wired for social contact, and loneliness is our signal that we need more.

After a year of lockdowns, social distancing, and restrictions, more of us are experiencing loneliness than before, which is having a significant impact on our wellbeing.

Available no matter when or where, anytime, any day, support is just a telephone call away. The TSWS service is free to use and confidential. Accessing the service is easy, simply call into the service on the TSWS Freephone number or contact the TSWS online, using the contact details below:

This campaign aims to remove the stigma and shame surrounding loneliness, and the best way to do that is to get people talking about it! #LetsTalkLoneliness #LonelinessAwarenessWeek

You can find more information about this campaign and indeed the Marmalade Trust via their website www.marmaladetrust.org. Accepting that loneliness exists we want to encourage people to see loneliness as an experience, not a condition.

Your **Tenant Support & Wellbeing Service (TSWS)** from Life & Progress is here for you and ready to talk. The TSWS service provides practical information, advice, guidance and if required, qualified counselling.

Life & Progress

TSWS Freephone **0330 094 8845**

Relay UK 18001 +Freephone Number

Call us today in confidence

TSWS Website www.tsws-assist.co.uk

Username: **kcha** Password: **tenantsupport**