

## We all need to connect with people around us

Human connection and friendship are part of what makes us human. We all need people in our lives and communities who we can connect with and who care about us.

The COVID-19 pandemic has made it harder for many of us to stay connected with our friends, family and communities, and when we haven't experienced positive relationships for a long time, it can sometimes be hard to find the confidence as well as the opportunities to connect with those around us.

However, by making some changes, one small step at a time, you can start to increase your social contact with others and build your confidence to do more.



### Information & support

For details about the full range of local support and websites, forums and helplines visit [www.healthystockport.co.uk](http://www.healthystockport.co.uk) search loneliness

### The Prevention Alliance

For support with all aspects of wellbeing including loneliness. TPA Community Connectors provide opportunities for people to explore informal connections and networks of interest to them, help people set up new groups, and offer guidance to strengthen existing community groups. Tel 0161 474 1042.

For people with hearing loss text 07539 468560 or email [info@stockporttpa.co.uk](mailto:info@stockporttpa.co.uk) [www.stockporttpa.co.uk](http://www.stockporttpa.co.uk)

### Viaduct wellbeing and self-care team

GP Practice-based Self Care Coordinators offer 1-2-1 and group support for people who are experiencing loneliness and social isolation or other mental wellbeing issues.

Ask your GP receptionist to refer you.

### Pure Innovations (The Wellbeing and Independence Network – WIN)

For support to take part in a wide variety of social, civic, leisure, learning, work, or volunteering opportunities.

Tel 0161 804 4416  
Mon to Fri 9am to 5pm  
[www.winstockport.co.uk](http://www.winstockport.co.uk)

### Do you need help getting online?

We can help you get on the internet for the first time or learn how to do more online. Call our DigiKnow Helpline for free telephone support from community Digital Champions and face to face or online group classes with other learners from Stockport. If you don't have access to the internet you may be able to borrow a device and data.

Call the DigiKnow Helpline 07537 127095 or visit [www.stockport.gov.uk/digiknow](http://www.stockport.gov.uk/digiknow)

Thanks to our friends in local community and voluntary organisations who contributed to the content of this leaflet.

**ONE**  
STOCKPORT

## Finding ways to reconnect: FRIENDSHIP AND COMMUNITY



# Top tips to help you connect

Even small moments where you connect with other people can help - and don't forget, you might be helping them too by reaching out.



**1 Smile at people** – having them smile back could really brighten your day - and theirs!

**2 Stop and say hello** – a simple greeting is a great way to make a connection and only takes a few minutes. Say hello to a neighbour and then next time you meet you could stop and ask how they are

**3 Pick up the phone and speak to somebody** – call an old friend or check up on a family member you haven't spoken to for a while



**4 Get active and go outside for a walk** – it makes you feel better and you might see a neighbour or someone you know

**5 Take up a new hobby and share what you do with others**

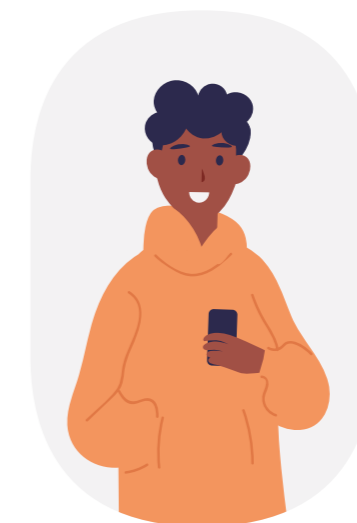


**6 Join online groups or communities** where you have common interests and can share experiences

**7 Look out for local events, exercise classes, book clubs, coffee mornings, playgroups etc...** where you can meet and get to know people in your community - you can find details on the online Stockport Local Directory [www.stockport.gov.uk/communities](http://www.stockport.gov.uk/communities), look out on notice boards or join a local Facebook or WhatsApp group



**8 Volunteer to help with something you care about.** It's such a great way to meet new people with a shared purpose and helping others makes you feel good too. You can give as much or as little of your time as you want - it could even be just a one off, like a litter pick at your local park. To find out about opportunities to volunteer in Stockport contact the volunteer hub at [www.stockportvolunteerhub.org.uk](http://www.stockportvolunteerhub.org.uk) or call **0161 974 0753** or email [Support@stockportvolunteerhub.org.uk](mailto:Support@stockportvolunteerhub.org.uk)



**9 Look for help online** – this can really help if you're struggling with feelings of isolation and loneliness. There are many websites, forums and helplines that can help you understand why you feel like you do and help you build your way back to feeling better. Try looking up [bemoreus.org.uk](http://bemoreus.org.uk) and if you need help getting online, see the back of this leaflet

## Getting help

If you're struggling with persistent feelings of loneliness and social isolation please ask for help. You can speak to your GP or contact one of the local support services listed on the back of this leaflet.