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While some people thrive on being on their own, others need social contact. As communities become more fragmented and lives become busier it can be hard to have meaningful contact.

However there are still ways to make friends and modern technology provides new opportunities.



## Community activities and volunteering

- Taking up an [adult learning course](https://www.cambsals.co.uk/) or joining [group exercise classes](#) can help you to meet people.
- Our [Child and Family Centres](#) provide support and activities for families with children
- Age UK Cambridgeshire & Peterborough has [day centres](#) (<https://www.ageuk.org.uk/cambridgeshireandpeterborough/our-services/day-clubs/>) across the county. Information officers can provide details of local services and support.
- If you need help finding out what is going on in your community, or to access services, a [Care Network Community Navigator](#) (<https://care-network.org.uk/community-information-and-advice/>) may be able to help.
- Cambridgeshire libraries offer [EngAGE](#) - monthly social events, computer assistance, 'knit and natter' groups for the over-50s.
- [Lifecraft](http://lifecraft.org.uk/) supports people who have experience of mental health difficulties in their lives. Support includes creative groups and social activities.

## Help to get out

- [Eddie's has a befriending scheme to help young people with learning disabilities to take part in activities in their community](https://eddies.org.uk/our-services/young-peoples-services/)

- Re-engage (previously known as Contact the Elderly) organises regular social gatherings for over-75s. Visit the [Re-engage \(https://www.reengage.org.uk/\)](https://www.reengage.org.uk/) website and go to 'Join a group'!
- [Royal Voluntary Service \(https://www.royalvoluntaryservice.org.uk/get-help\)](https://www.royalvoluntaryservice.org.uk/get-help) has volunteers who support older people to be independent at home, and active in their communities, as well as organising social activities in Cambridge, Huntingdon, Earith and St Ives.
- [Independent Age \(https://www.independentage.org/get-support/making-a-referral?utm\\_medium=Email&utm\\_source=CommunityCare&utm\\_campaign=Wellbeing%20\)](https://www.independentage.org/get-support/making-a-referral?utm_medium=Email&utm_source=CommunityCare&utm_campaign=Wellbeing%20) offers a befriending service which can include phone calls, face to face meetings, and where possible joining in social activities.

## Stay connected at home

Maybe you are unable to get out and about, or you want to stay in touch with friends and family who live a long way away.

## Embracing technology

- Do you have a friend or neighbour who can help you to get online and use the internet? Cambridgeshire libraries have '[computer buddies](#)' who can help you to develop computer skills, and show you how to connect with friends and family through email, or social media.
- Social media can be a great way of staying in touch with friends and family. You can see photos, send messages, even see young relatives grow up.
- [Friends of the Elderly \(http://www.fote.org.uk/?service-post=phoning-friends\)](http://www.fote.org.uk/?service-post=phoning-friends) offers a telephone befriending service, where a volunteer will call at least every fortnight. Call 0330 332 1110, or email [\[email protected\]](#) for more information.
- [The Silver Line \(http://www.thesilverline.org.uk/\)](http://www.thesilverline.org.uk/) is a free confidential helpline offering information, advice and friendship to older people. Call any time - it is a 24 hour service - on 0800 4 70 80 90

## Someone to visit you at home

- Cambridgeshire Libraries also offers the [Library at Home service](#) - a network of volunteers who can bring books to you in your home if you are unable to visit a library. Call 0354 045 5225 for more information.
- [Age UK Cambridgeshire & Peterborough Sharing Time scheme \(https://www.ageuk.org.uk/cambridgeshireandpeterborough/our-services/sharingtime/\)](https://www.ageuk.org.uk/cambridgeshireandpeterborough/our-services/sharingtime/) organises volunteers to visit people who find themselves isolated in later life .
- [Care Network Help at Home \(https://care-network.org.uk/help-at-home/\)](https://care-network.org.uk/help-at-home/) can also offer short-term practical help during times of crisis, or when returning home from hospital. You can also call 01954 211919 for more information.

# Mental health support

Our [Keep Your Head website \(https://www.keep-your-head.com/adults\)](https://www.keep-your-head.com/adults) has information on mental health and wellbeing.