

Loneliness during the pandemic

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Loneliness before Covid-19

One in five adults often or always lonely



An increased risk of a range of **health conditions**

200,000 older people not had a conversation with a friend/relative for more than a month



Affected **people of all ages**

Major life events or transitions can be key triggers for loneliness



Can't be eliminated... but can **do more to stop becoming chronic**

The power of **kindness**

Loneliness during Covid-19



Life after lockdown:

Tackling Loneliness among those left behind

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- **Life after lockdown** draws on findings from the following collection of polling, insights and evaluations recently gathered by the British Red Cross.
- Although social distancing and lockdown measures will continue to be eased in time, a significant cohort of the population will remain lonely, and many will find themselves left behind.

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Key findings

Over a quarter (28%) of UK adults agree that they worry something will happen to them and no one will notice



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41%

of UK adults report feeling lonelier since lockdown.

31%

of UK adults often feel alone as though they have no one to turn to.

37%

of UK adults agree their neighbours are like strangers to them.

33%

of UK adults haven't had a meaningful conversation with someone within the last week.

One third of UK adults are concerned that their loneliness will get worse

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A greater risk of loneliness among people who:

- live alone
- self-isolated or shielded
- live with young children
- are from BAME backgrounds
- younger generations
- have a long-standing physical or mental impairment, health condition, illness, or disability



The things I miss most
is not talking to people.

(Connecting Communities service user)



Covid-19 has meant a loss in social support
for refugees and people seeking asylum

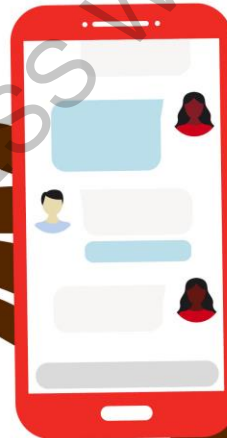
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Continuing to tackle loneliness

Regular phone calls, online activities and wellbeing packages with information and activities to do at home are helping people feel less alone.

Around three in five UK adults have found messages or support from friends a useful way to stay positive and connected.



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A quarter of UK adults have felt more connected and positive after seeing stories of acts of kindness.



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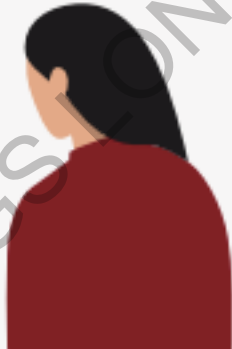
The need for sustained action

To ensure no one is left behind and feels alone, we have set out four recommendations for policy makers and civil society:

- Prioritise those most vulnerable to loneliness.
- Secure sustained funding for tackling loneliness.
- Continue to roll out social prescribing and ensure it delivers for loneliness.
- Work collaboratively across sectors and specialisms, and with people with lived experience of loneliness.

The loneliest people feel less able to cope.

60 per cent of those who report feeling always or often lonely agree that they are confident in feeling able to cope and recover from the pandemic, compared to 82 per cent of those who report being rarely or never lonely.



"I ain't got nobody. I've just got me and my dog. It's a blooming nightmare... I feel lost."

(Connecting Communities service user)

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Thank you

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