

End Loneliness in Mendip campaign - focus on Retirement Gateway

16 October 2017

Mendip District Council, working alongside a number of leading local health and wellbeing service providers, including Health Connections Mendip, Somerset Public Health and Mendip General Practices, has launched the End Loneliness in Mendip campaign, which aims to raise awareness of the support available for older people who are suffering from loneliness.

As part of the campaign, a new initiative has been set up called the Retirement Gateway.

Dr Geoff Sharp, Chair, Mendip Local Implementation Group, said: "We read and hear a great deal in the media about planning ahead financially for our retirement and we look forward to a time of leisure and doing what we want with our days.

"However, little is said about other possible effects of retirement. Nowadays society is geared so much towards working hard and working all hours that it can become all consuming. After the honeymoon period of retirement can come a feeling of loss - loss of a role, loss of regular contact with friends at work and loss of structure.

"In response to this, patients and Health Connections Mendip are setting up a Retirement Gateway where people who have retired can meet others who have retired, find out about volunteering and Community Connector training.

"For some people, it might just be an opportunity to make new friends, others might want to find out how they can get more involved in the local community. It won't be a regular group but a 'gateway' to other things. It is envisaged that there might be two or three meetings throughout the year across Mendip but we really need to hear from you to see what might work."

The first session takes place in Frome on Tuesday November 7 from 10am to 12noon at Frome Medical Practice. Just turn up at 10am, there's no need to book a place.

Further dates are planned 2018 in Shepton Mallet and Glastonbury.

To find out more or to get involved contact Health Connections Mendip on 01373-468368 mendip.healthconnections@nhs.net

To find out more about the End Loneliness in Mendip campaign and how to get involved go to - www.endlonelinessinmendip.org.uk