



Keeping in Touch Service





Older people tell us that loneliness is their biggest problem. Research shows that loneliness has a similar adverse effect on health as smoking 15 cigarettes a day.

What is Keeping in Touch?

Age UK Sunderland provides a Keeping in Touch Service, the Keeping In Touch team support people who are experiencing extreme loneliness and isolation across the City and who find it difficult to engage with their local community due to ill health, mobility restrictions and lack of social connections.

Support offered by Keeping in Touch:

- **Face to face** – This can involve many activities such as a volunteer spending time with you in or outside your own home or accompanying you to a medical appointment, but not ‘personal care’ duties
- **Telephone service** – This service offers a regular weekly telephone call between you and a volunteer to enjoy a chat about shared interests

The service is available for adults who:

- Are resident within the City of Sunderland
- Are over 50
- Are lonely or socially isolated





“The telephone service is lovely, just what I wanted. I feel like I have known the person on the other end of the phone for years. Everyone is so helpful and I feel so supported with lots of new ideas of things to do in my area.”

Funded by

