

Do you feel lonely?

Would you like to feel more connected?

Age UK Sunderland's Loneliness & Isolation Task Force (LITF) can help



LITF Project

Loneliness and isolation has continued to be a life threatening issue which debilitates older people's health and wellbeing in all areas of their lives, however, the impact of Covid-19 has amplified this issue significantly.

Due to the increasing prevalence of loneliness and isolation as a consequence to Covid-19 restrictions, the LITF project provides support to older people experiencing these issues including those with mild to moderate dementia across the City of Sunderland.

Age UK Sunderland's LITF project aims to reduce loneliness and isolation in people aged 50+ by helping them to gain access to community support services when it is safe to do so.



The pandemic resulted in a withdrawal of many social activities for older people, our LITF project will support by rebuilding and restoring confidence by encouraging older people to become socially active once more as restrictions ease.

By improving the health and wellbeing of older people we can combat the negative effects of loneliness and isolation.

How do we aim to do this?

By developing a task force of volunteers who are dynamic and passionate about improving older people's quality of life.

What support can we offer?

A LITF volunteer will support people aged 50+ experiencing high levels of loneliness and isolation to help build confidence to access local amenities safely. This includes local transport, shops, parks, community clubs and physical activities to enable social interaction and connections.

How can you access the service?

You can self-refer, ask a family member or friend, carer or health and social care professional to contact us on your behalf.

**Contact the LITF project on 0191 514 1131
or email LITF@ageuksunderland.org.uk**





Should you require any more information for yourself or a loved one please contact us:


T. 0191 514 1131
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