

# Tackling loneliness amongst the oldest old

**Re-engage provides life-enhancing social connections for older people at a time in their lives when their social circles are diminishing.**



## **Making a difference**

There are over 5.4 million people aged 75 and over in the United Kingdom and, with an ageing population, that number is set to grow. Many are lonely and isolated which is not only miserable, but it can also have a very damaging effect on physical health and mental wellbeing. Lonely people with poor social connections are more likely to suffer from dementia, heart disease and depression.

Re-engage works with people aged 75 and over who are lonely, isolated or in need of companionship.

Our programmes have a remarkable impact on the happiness and wellbeing of those who we support, with 93% saying that joining Re-engage has had a positive impact on their lives.

# Our companionship programmes

“ When you get to my age, all you do is look back on the life you had but Re-engage has given me something to look forward to, something to live for. ”  
Ina, 96

**Our tea parties** are free monthly social groups held in local communities across the UK. They are a chance for a change of scenery and regular afternoons of conversation and laughter with friends of all ages.

**Call companions** is a free telephone befriending service for people over the age of 75 who feel they would enjoy a friendly phone call every week or two from one of the charity's volunteers.

**Our activity groups** give older people the chance to participate in gentle exercise as they make connections with others.

**Community Christmas call companions** – the period around Christmas can be difficult for anyone who's on their own. Community Christmas offers a weekly chat over the phone throughout December with a friendly volunteer to lift an older person's spirits.

**Rainbow call companions** is a telephone befriending service providing companionship to LGBT+ older people.



Call our freephone number 0800 716 543  
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Or visit [www.reengage.org.uk](http://www.reengage.org.uk)

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