

Loneliness support pack

One in five people in the UK already report being always or often lonely, and we know that your local church will be aware of and concerned about vulnerable people in your communities.

One way your church can help is by providing a 'loneliness pack'. You could call these 'surviving COVID-19' packs or 'gifts from [Your church name] up the road'.

Some ideas to include in your pack are:

- Adult colouring books and pens
- Activities/games for children such as bubbles, paint, board games, playing cards
- Details of exercises
- Positive Bible quotes
- A plant to care for/plant growing pack (seeds, soil, pot)
- Useful number of local agencies who can help with food and other practical/ emotional support
(See our signposting guides for further information)
- Details of your church's online services and groups
- A book, such as *John's gospel*, *The Real Deal* or *Why Jesus?*
- Some treats such as chocolates or biscuits
- Ideas of things to download like 'desert islands discs'
- Recipes on a budget
(Our *Life Skills* example is available to download on the [resource page](#))