



The Methodist Church

Serving locally, connecting the county

[Safeguarding in Lincolnshire District](#)

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Responding Well to Loneliness

On the 13.03.2021, the District held as part of a 2 week safeguarding fortnight a session on responding well to Loneliness.

The following are some of the headlines to provoke thought and further discussion.

It's OK not to be OK, but it's not OK to always be OK.

“The healing power of connection”

- Loneliness is the **second pandemic** – because of the extent of it, the impact on so many and the life changing nature of it;
- Loneliness is not an event; it is a process – a feeling of being ‘disconnected’
- Loneliness – does it have stigma?
- Or is that we don't admit to it because if we did, it would feel all the more real? Is it that we project how we feel onto someone else? Some see it as a weakness, but is it that they feel weak? (pointing one finger at someone else, we point three back at ourselves – do it and look at your hand).
- With God at our side we're never alone – we can feel connected to God in relationship but still be disconnected in a human dimension;
- We can have busy lives, lots of people in them and yet feel disconnected
- There comes a time when you have to stop crossing oceans for people who wouldn't cross puddles for you? Is this true?
- conferoo.co.uk and Zoom and other platforms have aided a kind of connection.

We need to acknowledge the need for consistency for those aided and the aiding for health, resilience is needed for all.

Ideas and things we can do:

***“Slow Down, Show Up & Pray”*. Ruth Rice - Facebook *Restore Wellbeing* and website www.renewwellbeing.org.uk for ideas of how to help others connect**

Inclusive Church and also Through the Roof (throughtheroof.org) provide resources and help to aid churches and communities

Does we do anything not in Church?

Friendship at Home (freindshipathome.org.uk) in and around Cleethorpes – Facebook

Tackling Loneliness in the Community (TLC) Waltham

Sending cards to local community hospital

Telephone Buddy, Whatsapp groups, Facebook, email

Food Banks, Scarecrow Festival, trails around eg Easter picture hunt, yarn bombing,

Dial a Sermon, Dial a Prayer, newsletters, leaflet drop, prayer cascade

Open Door lunch club, coffee mornings, afternoon teas

Grants are available from local councils

As a singleton for many years I did not want to be separated off as different - we should not assume

Jocoxfoundation.org

Age UK

www.services4.me.uk

Gathering ideas:

Perhaps what we need is all to email what we do and share ideas, locally do we ask what we could do? What do people want? What do people not want?

Finally, - Do we need to learn to befriend ourselves again?