



Department for  
Digital, Culture,  
Media & Sport

# Tackling Loneliness Digitally

## Help The British Red Cross Tackle Loneliness Digitally

Our new Tackling Loneliness Digitally programme funded by the Department of Digital, Culture, Media and Sport (DCMS) focuses on helping those who are at greater risk of experiencing loneliness and isolation as a result of the Coronavirus crisis. Groups identified as needing greater support include young people, people from Black, Asian and minority ethnic (BAME) communities, the digitally excluded, refugees, people seeking asylum and other vulnerable migrants, people at risk of loneliness due to health issues and older people.

We have created some brand new resources as part of this programme, designed to help build confidence, coping skills and connections. Please share these with your networks or with anyone who you feel might find them useful.

**New online resources** to help empower people who may be feeling lonely and provide them with tools and advice on how to reach out during lockdown. These are free and there are resources for both [adults](#) and [children and young people](#)

**The Kind Place** is a new [6-part podcast](#) series featuring people who are experiencing loneliness getting together to discuss what it actually means to be lonely; what it feels like, how it comes about, and what they're doing to get through it.

**Support line** for anyone finding it hard to cope, or is worried, lonely or anxious. The British Red Cross has free and confidential coronavirus support line on **0808 196 3651** where friendly volunteers are available, 7 days a week from 10am to 6pm. For those who don't speak English, translators are available and people can email [SupportLine@redcross.org.uk](mailto:SupportLine@redcross.org.uk) if they prefer.

**New Loneliness Digital Classrooms** where participants can explore how it might feel to be lonely or isolated and learn skills to help others who may be experiencing loneliness. There are two sessions available, one for 10-19 year olds and one for adults aged 19+. Email [RedCrossEducation@redcross.org.uk](mailto:RedCrossEducation@redcross.org.uk) or call 0344 412 2734 to book a place.

**Hard copy wellbeing packs** are available to order for those who can't access online resources, if you would like some packs to distribute you can submit your request via our online forms – we have packs for both [adults](#) and [children and young people](#)

Our Refugee Services ([DigitalCommunitiesRSRFL@redcross.org.uk](mailto:DigitalCommunitiesRSRFL@redcross.org.uk)) and [Connecting Communities](#) sites can also help people to get connected via devices and data (\*Subject to criteria, location and availability until 18th December 2020).

**Please share the resources with your networks (using [#LetsTalkLoneliness](#) on social media platforms) and assets from our social media toolkit**  
[thesocialpresskit.com/british-red-cross](https://thesocialpresskit.com/british-red-cross)

Supporting

