



Living Well North Tyneside

Supporting Health and Wellbeing

From 9 to 15 June 2025, the UK will mark **Loneliness Awareness Week**, a national campaign that encourages open conversations around one of the most universal yet stigmatised human emotions: loneliness. Organised by the **Marmalade Trust**, this week is about normalising the feeling, reducing stigma, and empowering people to talk more openly about their experiences.

What Is Loneliness Awareness Week?

Loneliness Awareness Week was launched in 2017 by the Marmalade Trust, a charity dedicated to helping people understand, talk about, and manage feelings of loneliness. Since then, it has grown into a recognised campaign supported by schools, workplaces, community groups, local authorities, and individuals right across the UK.

Contrary to popular belief, loneliness isn't just about being alone—it's about feeling disconnected or lacking meaningful social connections. It can affect anyone, regardless of age, lifestyle, or background.

The campaign aims to raise awareness, challenge misconceptions, and spark conversations that help people feel less isolated and more connected.

Theme for 2025: Let's Talk About Loneliness

The theme for Loneliness Awareness Week 2025 is a simple but powerful one: "Let's Talk About Loneliness." The idea is to break the silence around a topic many people find uncomfortable or embarrassing to admit to.

By encouraging more honest discussions—whether between friends, colleagues, or communities—the campaign hopes to create an environment where people feel seen, heard, and supported.

Talking about loneliness doesn't make it worse. In fact, it can be the first step toward reducing it.

Why Loneliness Matters

Loneliness isn't just an emotional issue—it's a public health concern. Research shows that chronic loneliness can be as harmful as smoking 15 cigarettes a day. It's linked to increased risks of:

- Depression and anxiety
- Heart disease and stroke
- Poor sleep and immune function
- Early mortality

And yet, many people suffer in silence due to the stigma and misunderstanding that still surrounds the issue.

How You Can Get Involved

Whether you've felt lonely yourself or want to support others, there are many ways to take part in Loneliness Awareness Week:

- **Start a conversation** – Reach out to a neighbour, colleague, or friend. You don't have to fix anything—just listening helps.
- **Organise a connection event** – Whether it's a walk, coffee morning, or shared activity, giving people space to connect makes a difference.
- **Share resources** – Use your social media or workplace platform to promote healthy conversations and local services.

- **Educate yourself** – Learn about the signs of loneliness and how it affects different people. Empathy starts with understanding.

Support in North Tyneside

If you or someone you know is struggling with loneliness, there's support available right here in our local community:

Living Well North Tyneside – Our platform lists local friendship groups, walking clubs, social cafes, mental health services, and volunteering opportunities. Visit and explore our categories like [**Social groups and Community Cafes**](#) or [**Mental Health**](#).

VODA's Good Neighbours Project – Offers befriending services, garden help, and telephone calls to reduce isolation. Visit [Good Neighbours page](#) to get involved or refer someone.

Meet Up Mondays – A simple idea where cafes and pubs open their doors for people to meet in a relaxed, informal setting.

Libraries and community centres – Many host free events, book clubs, and coffee mornings that are great for making new connections.

Final Thoughts: It's OK to Feel Lonely

Everyone feels lonely at times. It's part of being human. But when it becomes frequent or overwhelming, it can impact our health and wellbeing.

Loneliness Awareness Week 2025 reminds us that talking about loneliness doesn't make us weak—it makes us stronger, more connected, and more compassionate.

This week, let's normalise the conversation, look out for each other, and remember that even the smallest gestures—a smile, a message, an invite—can go a long way.

Related Links

- [Marmalade Trust](#)
- [Campaign to End Loneliness](#)
- [Living Well North Tyneside](#)
- [VODA](#)



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