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Ideas for older

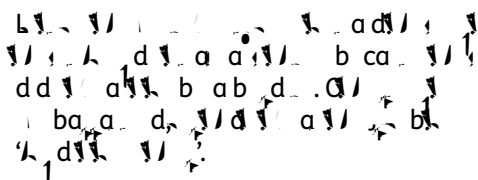
We all feel lonely sometimes. Sadly, it's something lots of us experience as we get older.

If you're a man and over 65, you might find you feel lonely for different reasons – or it might feel harder to find support or make meaningful connections.

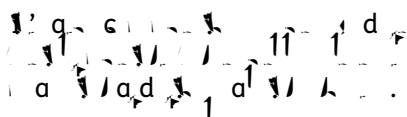
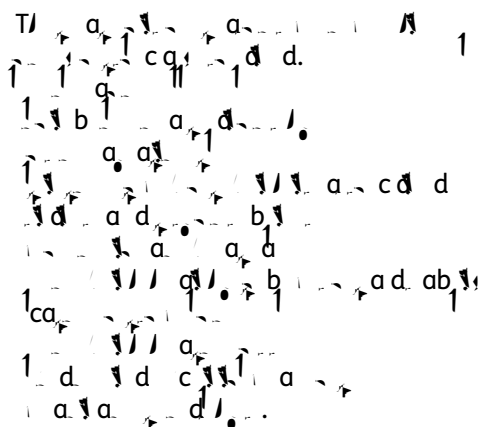
Researchers from the University of Bristol, with support from Age UK, conducted a study with older men who've felt lonely or isolated to find out how they dealt with it. We've used what they told us to write this leaflet.

Let's talk about loneliness

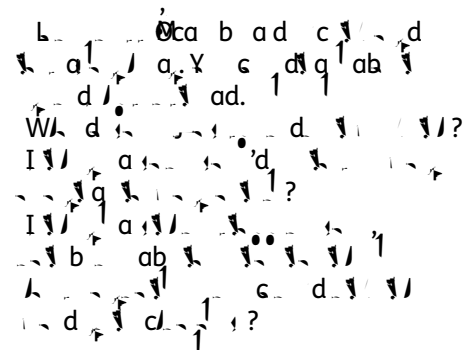
Older men are much less likely to tell
someone when they're feeling lonely.



Why do men feel lonely?



Loneliness can have a big impact
on both our physical and mental
health. It's really important to try
to talk to someone about it.



The men we spoke to had lots of tips for how they tackle feeling lonely and isolated. These are their top three.

Keep busy, with lots of plans



Age UK, Tower Hill, 1-6 Tower Street, London WC1H 9NA.
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