



















Understanding Loneliness

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1. How often do you feel lonely?				
Answer Choices			Response Percent	Response Total
1	Never		1.09%	1
2	Rarely		8.70%	8
3	Sometimes		32.61%	30
4	Often		45.65%	42
5	Always		11.96%	11
			answered	92
			skipped	0

2. What does loneliness mean to you?				
Answer Choices			Response Percent	Response Total
1	Socialising alone		35.87%	33
2	Uncertainty for the future		41.30%	38
3	Physical & mental distance		35.87%	33
4	Feeling alone, even in company		51.09%	47
5	Feeling excluded		52.17%	48
6	Death of family or friends		25.00%	23
7	A negative feeling		42.39%	39
8	No support		38.04%	35
9	Lack of positive interactions		43.48%	40
10	No one to talk to		55.43%	51
11	No friends or family around		39.13%	36
12	Being alone		40.22%	37
13	Other (please specify):		17.39%	16
			answered	92
			skipped	0

2. What does loneliness mean to you?

Other (please specify): (16)

1	30/10/2024 3:48 PM ID: 256834435	Makes one feel disconnected having no one to say good morning or goodnight to
2	04/11/2024 2:20 PM ID: 257154541	Being a carer at home.
3	05/11/2024 8:48 PM ID: 257338290	Feeling that I don't belong anywhere
4	05/11/2024 10:24 PM ID: 257346183	No one with the same interests and also no hobbies
5	08/11/2024 10:38 AM ID: 257588540	It reinforces my perceived need to be alone, so I avoid contact
6	10/12/2024 12:08 PM ID: 260256293	Not wanting to burden partner and friends by talking about it.
7	16/12/2024 11:56 AM ID: 260634516	Being alone with children
8	24/12/2024 12:02 AM ID: 261061250	Suicidal thoughts
9	29/12/2024 2:44 PM ID: 261177930	Lack of empathy/hugs from family and lack of friends getting in touch
10	04/02/2025 3:00 PM ID: 263713728	having someone to talk too-to just having someone to listen to me let off steam about negative situations I find it hard to turn into positives
11	15/03/2025 11:16 AM ID: 267107143	Being a carer for family
12	16/03/2025 9:41 PM ID: 267154552	Fear of loosing independence as we get older
13	20/03/2025 10:54 PM ID: 267493150	Always having the mental load to deal with in all aspects of day to day life. It doesn't stop when you are on your own.
14	22/03/2025 12:17 PM ID: 267585497	Feeling unloved/liked
15	30/04/2025 10:26 PM ID: 270187670	Abandoned
16	16/05/2025 3:12 PM ID: 271175830	Unable to find people of similar age or interests near me

3. What do you believe contributes to your feelings of loneliness?

Answer Choices			Response Percent	Response Total
1	Social isolation	<div><div></div></div>	7.61%	7
2	Moving to a new place	<div><div></div></div>	4.35%	4
3	Loss of loved ones	<div><div></div></div>	9.78%	9
4	Mental health issues	<div><div></div></div>	2.17%	2
5	Bullying	<div><div></div></div>	1.09%	1
6	Living Alone	<div><div></div></div>	13.04%	12
7	Retirement	<div><div></div></div>	4.35%	4
8	Relationship breakdown	<div><div></div></div>	2.17%	2
9	Chronic illness or disability	<div><div></div></div>	13.04%	12
10	Work stress or unemployment	<div><div></div></div>	1.09%	1
11	Being a caregiver	<div><div></div></div>	7.61%	7
12	Cultural differences		0.00%	0
13	Lack of emotional support	<div><div></div></div>	8.70%	8
14	Busy lifestyles	<div><div></div></div>	6.52%	6
15	Other (please specify):	<div><div></div></div>	18.48%	17
			answered	92
			skipped	0






Other (please specify): (17)

1	30/10/2024 10:05 AM ID: 256798960	lack of money t do things nice like meet up with friends
2	30/10/2024 12:15 PM ID: 256812245	lack of friendships and opportunities to make new friends
3	04/11/2024 2:20 PM ID: 257153053	Bereavement
4	04/11/2024 8:02 PM ID: 257204020	Always feel different
5	05/11/2024 10:24 PM ID: 257346183	Friends having children and we don't (out of choice)
6	06/11/2024 7:58 AM ID: 257356048	Lack of friends


3. What do you believe contributes to your feelings of loneliness?

7	08/11/2024 10:38 AM ID: 257588540	Many of these. Mostly mental issues
8	21/11/2024 4:26 PM ID: 258877837	Social isolation, loss of loved ones, mental health issues, living alone, chronic illnesses, work stress
9	11/12/2024 7:49 AM ID: 260318514	I suffered STBI during a serious accident 10 years ago which has changed my personality. I struggle to enjoy anything and to socialise and spend the majority of my time alone and doing some form of work.
10	16/12/2024 4:07 PM ID: 260657471	All of the above
11	13/01/2025 5:07 PM ID: 261969781	Neurodivergence
12	15/01/2025 11:35 AM ID: 262125956	Being with people who know one another
13	03/02/2025 7:24 PM ID: 263646064	Domestic abuse survivor
14	04/02/2025 3:00 PM ID: 263713728	lack of independent transport
15	20/03/2025 10:54 PM ID: 267493150	Living alone, which I mostly enjoy, but a lack of understanding (from people who do not live alone) as to how isolated you can feel. It's not something you can "imagine", it has to be lived to truly understand.
16	23/03/2025 6:48 PM ID: 267641873	I escaped DV with my family and have since had to go no contact with my siblings. I have two children, am a single mum and am incredibly lonely.
17	12/04/2025 8:03 AM ID: 268948181	Why only one option allowed here? Unhelpful.







4. At what times do you most often feel lonely? (select all that apply)

Answer Choices			Response Percent	Response Total
1	Morning		21.74%	20
2	Afternoon		30.43%	28
3	Evening		58.70%	54
4	Weekdays		27.17%	25
5	Weekends		66.30%	61

4. At what times do you most often feel lonely? (select all that apply)

6	Holidays or Special Occassions		41.30%	38
			answered	92
			skipped	0

5. In which of these situations do you typically feel lonely? (select all that apply)

Answer Choices			Response Percent	Response Total
1	When I am by myself		78.26%	72
2	When I am with family		22.83%	21
3	When I am with friends		15.22%	14
4	When I am at work/school		7.61%	7
5	When I am in a crowd		34.78%	32
6	Other (please specify below)		13.04%	12
			answered	92
			skipped	0




Comment: (22)

1	30/10/2024 12:15 PM ID: 256812245	When I feel unable to join in.
2	30/10/2024 3:48 PM ID: 256834435	It's the loss of a partner who one could share everything with having to holiday on one's own is hard a meal out is hard on one's own.
3	30/10/2024 10:19 PM ID: 256871036	Going out on my own.
4	04/11/2024 9:00 AM ID: 257114962	There can be times with friends or family, where I just don't feel like i 'fit'.
5	04/11/2024 2:20 PM ID: 257154541	When I am at home being a carer.
6	05/11/2024 8:48 PM ID: 257338290	When I hear of or see others in company
7	08/11/2024 10:38 AM ID: 257588540	I feell a detachment both with people and on my own. When I am with people I cut myself off to avoid the pain of being on my own again. I don't think others know who I am.





5. In which of these situations do you typically feel lonely? (select all that apply)

8	22/11/2024 7:25 PM ID: 258981181	When I realise that I have no friends
9	29/11/2024 11:48 AM ID: 259457780	although I live in an annexe to my daughters house I am alone especially at weekends when she works . I can see other houses in the distance .we do not have a common boundary with next door neighbours so no chatting over the fence
10	16/12/2024 11:56 AM ID: 260634516	When at home with the children
11	19/12/2024 9:40 AM ID: 260852859	When I am by myself as the JR dog can not talk. I am the odd one out if going out with friends as I am a widow.
12	29/12/2024 2:44 PM ID: 261177930	It's more a sense of unless I'm the instigator and make contact with friends to suggest a night out they rarely message me to get together- not even for a coffee. I have my husband and grown up sons at home who are good practically but they do guy things together and aren't into my interests. I need some fun female social time and it's just not forthcoming. I'm thankful for my volunteer work / interactions otherwise I'd do almost nothing. I've had some medical issues this year which have hampered going out at times but not always. I'm not always alone and I sometimes like alone time but regardless I often feel lonely.
13	15/01/2025 11:35 AM ID: 262125956	If I'm in a group of people who all know one another
14	04/02/2025 3:00 PM ID: 263713728	I have a severe hearing loss and wear hearing aids . People think because I am deaf I have no comprehension . Refuse to try and communicate with me . All I ask is folks sit or stand where I can see their faces so I can lip read
15	14/03/2025 1:14 AM ID: 267032614	Social gatherings such as weddings
16	14/03/2025 5:24 PM ID: 267086106	When idont talk to anyone all day
17	16/03/2025 9:41 PM ID: 267154552	Living in the countryside one often sees no one for days at a time and driving alone especially in winter is daunting as one gets older
18	20/03/2025 10:54 PM ID: 267493150	I genuinely enjoy my own company. Socialising can be overwhelming. I feel lonely when I think that I'm not important to others, out of sight out of mind. I am the only person in my small circle of friends and family who lives alone. It is difficult for them to comprehend going days without speaking to another human, because they haven't experienced it.
19	21/03/2025 7:23 PM ID: 267550732	I can feel lonely at work too. Even though there are people there.
20	22/03/2025 12:17 PM ID: 267585497	Shopping or outdoor gatherings of any kind
21	23/03/2025 6:48 PM ID: 267641873	Family means my two little girls, age 4 and 6.
22	31/03/2025 10:11 AM ID: 268111236	living with impaired mobility it reduces my choice of distraction , a method I use to get rid of the loneliness feeling movement .-I can't go for a walk outside in case i loose my balaance and fall -Falls Response service can take up to an hour to get to me .I find TV programmes useless --I have learnt to use I player to look for good comedy programmes. Music works





6. How has the frequency of your loneliness changed over the past year?

Answer Choices			Response Percent	Response Total
1	Increased		60.87%	56
2	Decreased		5.43%	5
3	Stayed the same		33.70%	31
			answered	92
			skipped	0





7. How connected do you feel in your local community?

Answer Choices			Response Percent	Response Total
1	Very connected		6.52%	6
2	Somewhat connected		28.26%	26
3	Not very connected		40.22%	37
4	Not at all connected		25.00%	23
			answered	92
			skipped	0




8. How often do you participate in local events or activities where you can meet new people?

Answer Choices			Response Percent	Response Total
1	Never		16.30%	15
2	Rarely		32.61%	30
3	Sometimes		38.04%	35
4	Often		17.39%	16
5	Always		0.00%	0
			answered	92
			skipped	0

9. Do you find it easy to learn about local events or activities where you can meet others?

Answer Choices			Response Percent	Response Total
1	Yes, it's easy		19.57%	18
2	Somewhat easy		34.78%	32
3	No, it's difficult		36.96%	34
4	I don't look for them		8.70%	8
			answered	92
			skipped	0

10. Do you feel there are enough opportunities to meet people in your area?

Answer Choices			Response Percent	Response Total
1	Yes		23.91%	22
2	No		52.17%	48
3	Tell us more		23.91%	22
			answered	92
			skipped	0








Tell us more (22)

1	30/10/2024 10:05 AM ID: 256798960	.
2	04/11/2024 2:20 PM ID: 257154541	I am a carer so not free
3	05/11/2024 8:48 PM ID: 257338290	Possibly, but taking the first step alone is the biggest hurdle
4	06/11/2024 1:57 PM ID: 257401338	Not for my age group, 40-50yrs
5	08/11/2024 10:38 AM ID: 257588540	I think there probably are. However, their interests are not the same as mine.
6	23/11/2024 7:01 PM ID: 259025536	Not sure
7	29/11/2024 11:48 AM ID: 259457780	No local events at suitable times for my daughter and I to get too I have poor mobility use awheel chair .We prefer daytime events at midday or early afternoon

10. Do you feel there are enough opportunities to meet people in your area?

8	05/12/2024 3:35 PM ID: 259932622	I don't know, but with the complete lack of healthcare for disabling M.E., I couldn't take advantage of them anyway.
9	16/12/2024 3:21 PM ID: 260643742	yes and no in terms of caring for elderly relatives
10	16/12/2024 4:07 PM ID: 260657471	Not sure. But I'm not outgoing so even the thought of these events cause anxiety.
11	19/12/2024 9:40 AM ID: 260852859	No events on for the older generations ,ie 50, 60 ,70 yera old .
12	19/12/2024 9:25 PM ID: 260904828	Don't know
13	24/12/2024 12:02 AM ID: 261061250	But didn't make many friends
14	13/01/2025 5:07 PM ID: 261969781	Not for young people
15	04/02/2025 3:00 PM ID: 263713728	transport -I use a rollator or electric wheel chair so can only go out when My daughter and UNPAid carer can take me . Most local events are timed for the majority -evenings ,very little midday
16	14/03/2025 1:14 AM ID: 267032614	As someone with intellect but compromised by unpredictable illness find it impossible to get to know anyone.
17	15/03/2025 6:57 AM ID: 267100797	Not things I'm interested in
18	18/03/2025 7:29 PM ID: 267307771	Not sure
19	20/03/2025 10:54 PM ID: 267493150	I am not aware of any social opportunities for people of my age (mid to late 40s) to meet other people.
20	21/03/2025 7:23 PM ID: 267550732	Evening classes seem to have stopped or I just can't find them.
21	23/03/2025 6:48 PM ID: 267641873	There are opportunities but I don't have support with my dog, who is traumatised by the abuse my ex husband put her through so I can't leave the house as she barks and barks. My neighbour has been so abusive too that I've had to have the police speak with her but I am scared if my dog barks too much when I'm out that the neighbour will carry out her threat of making me lose our beloved dog.
22	31/03/2025 10:11 AM ID: 268111236	No local events at suitable times for my daughter and I to get too I have poor mobility use awheel chair .We prefer daytime events at midday or early afternoon









11. What types of activities or events would you be interested in attending to meet new people?

Answer Choices			Response Percent	Response Total
1	Community or neighbourhood events		33.70%	31
2	Hobby or interest groups (e.g. book clubs or sports)		57.61%	53
3	Volunteering opportunities		34.78%	32
4	Social clubs or gatherings		36.96%	34
5	Education classes or workshops		55.43%	51
6	Religious or spiritual groups		14.13%	13
7	Other (please specify):		13.04%	12
			answered	92
			skipped	0
Other (please specify): (12)				
1	30/10/2024 3:48 PM ID: 256834435	Any		
2	04/11/2024 7:59 PM ID: 257202747	Find socialising frightening		
3	08/11/2024 10:38 AM ID: 257588540	Groups are out of date. "Old people" aren't just from the 1930s and 40s any more.		
4	22/11/2024 7:25 PM ID: 258981181	I don't know		
5	05/12/2024 3:35 PM ID: 259932622	Not applicable until those of us with M.E. are given care by the NHS.		
6	13/12/2024 8:54 AM ID: 260501319	Nothing online it's not connecting it's disconnecting		
7	29/12/2024 2:44 PM ID: 261177930	I already volunteer weekly with Samaritans which I'm committed to. I'm not into local community events etc as they're just not my thing. I fi have some local friends but these are the ones that are just full of their own life who I've emotionally supported in he past but it's not been reciprocated .Other local acquaintances are just far too political and it wouldn't work socially.		
8	04/02/2025 3:00 PM ID: 263713728	people of my age90+or younger to just chat, play cards scrabble or board games		
9	22/03/2025 12:17 PM ID: 267585497	Talking groups		

11. What types of activities or events would you be interested in attending to meet new people?

10	23/03/2025 6:48 PM ID: 267641873	I'd love to volunteer but the lack of support with dog sitting and child care means I am very isolated.
11	31/03/2025 10:11 AM ID: 268111236	people of my age90+or younger to just chat, play cards scrabble or board games
12	12/04/2025 8:03 AM ID: 268948181	This is not my type of loneliness

12. What prevents you from participating in social activities or events in your area?

Answer Choices			Response Percent	Response Total
1	I don't know about local opportunities		23.91%	22
2	I feel anxious or shy in social situations		39.13%	36
3	I don't have enough time		19.57%	18
4	I don't feel interested in the events available		30.43%	28
5	Physical or health related limitations		26.09%	24
6	Cost of activities or events		42.39%	39
7	Transportation issues		25.00%	23
8	Other (please specify):		14.13%	13
			answered	92
			skipped	0






Other (please specify): (13)

1	30/10/2024 10:05 AM ID: 256798960	.
2	30/10/2024 10:19 PM ID: 256871036	Going & being on my own
3	04/11/2024 2:20 PM ID: 257154541	I am a carer and have no help
4	11/11/2024 6:55 PM ID: 257821700	Limited events available

12. What prevents you from participating in social activities or events in your area?

5	22/11/2024 7:25 PM ID: 258981181	Nobody on the same wavelength
6	11/12/2024 12:20 PM ID: 260345904	Nothing, my loneliness stems from problems with partner
7	13/12/2024 8:24 PM ID: 260559352	Childcare
8	19/12/2024 9:40 AM ID: 260852859	have a dog so can not stay if all-day event.
9	24/12/2024 12:02 AM ID: 261061250	Feel alone lonely in croend . Feel people some are not welcoming
10	29/12/2024 2:44 PM ID: 261177930	Often not people I'd gel with
11	15/01/2025 11:35 AM ID: 262125956	I'm reluctant to commit. I really value my unscheduled time in retirement but that does mean loneliness can occasionally ambush me
12	23/03/2025 6:48 PM ID: 267641873	Lack of dog sitting support and I don't have the money to finance a professional dog sitter. My finances are really what are keeping me so isolated.
13	12/04/2025 8:03 AM ID: 268948181	I participate in lots of events and social gatherings. That's not the issue

13. Do you consider yourself to be a carer (paid or unpaid), have a disability or a long term health condition?

Answer Choices			Response Percent	Response Total
1	A paid carer		2.17%	2
2	An unpaid carer		14.13%	13
3	I have a disability		8.70%	8
4	I have a long term condition		28.26%	26
5	None of the above		46.74%	43
			answered	92
			skipped	0

14. Do you feel that your loneliness contributes to poor physical or mental health

Answer Choices			Response Percent	Response Total
1	Yes	<div></div>	68.48%	63
2	No	<div></div>	30.43%	28
3	Explain how	<div></div>	31.52%	29
			answered	92
			skipped	0

Explain how (29)

1	30/10/2024 12:15 PM ID: 256812245	When I am lonely my mood is low. It does not mean I don't like to spend time alone. I just wish my connections were more meaningful.
2	30/10/2024 10:19 PM ID: 256871036	Mentally, loneliness makes you less able to join in or communicate.
3	04/11/2024 9:00 AM ID: 257114962	Definitely poor mental health, I become more reclused and my mood definitely becomes more negative and short.
4	04/11/2024 2:20 PM ID: 257153053	Following death of my husband after being his carer for 10 years, feel very lost and lonely.
5	04/11/2024 2:20 PM ID: 257154541	I get stress related illnesses and I can't be ill because I have to care for someone
6	04/11/2024 7:59 PM ID: 257202747	I feel that I isolate myself because I am scared of meeting new people
7	05/11/2024 8:48 PM ID: 257338290	It causes low mood & increases anxiety
8	06/11/2024 1:57 PM ID: 257401338	Loneliness makes you end up caring less about yourself in the long run
9	22/11/2024 7:25 PM ID: 258981181	Feel drained by my very negative husband and my autistic daughter
10	24/11/2024 8:50 PM ID: 259064787	You lose confidence, you don't feel up to date with what's happening around you. Not sure where to go to meet people
11	29/11/2024 11:48 AM ID: 259457780	i have learn't how to deal with it by using Tv programmes like wildlife documentries ,history programmes
12	05/12/2024 3:35 PM ID: 259932622	Living alone, too unwell to leave the house, I feel worthless - no-one needs me and I have no purpose in life. I am merely existing, waiting to die.



14. Do you feel that your loneliness contributes to poor physical or mental health

13	11/12/2024 12:20 PM ID: 260345904	I am not generally lonely, just feel lack of support from my partner
14	13/12/2024 8:54 AM ID: 260501319	I have to use lots of resource to stay positive for others and struggle to recharge my battery
15	29/12/2024 2:44 PM ID: 261177930	It's perhaps contributed to how I feel emotionally. I'm just fed up of friends not getting in touch months in end and it always being me that suggests meeting up but they're busy or avoiding my medical talk which has dominated this year for me.
16	13/01/2025 5:07 PM ID: 261969781	I can overthink and feel rejected or that nobody likes me as I'm a bit different
17	16/01/2025 5:27 AM ID: 262218033	My mental health is at rock bottom and feeling alone triggers a lot of automatic negative thoughts.
18	13/03/2025 10:22 PM ID: 267029797	I feel miserable and turn to food. Through binge eating I have then gained so much weight that it's having an impact on my physical health as well as my mental health
19	14/03/2025 1:14 AM ID: 267032614	Lack of social interaction makes me have feelings of being useless, and wondering if I have a reason to be here sometimes. Poor mental health can also affect long term health issues.
20	15/03/2025 6:57 AM ID: 267100797	No motivation
21	15/03/2025 10:57 AM ID: 267106663	I can get low when I feel lonely
22	16/03/2025 9:41 PM ID: 267154552	Makes one more nervous
23	20/03/2025 7:00 PM ID: 267484790	My head space becomes very negative and it spirals
24	20/03/2025 10:54 PM ID: 267493150	When loneliness hits it can be hard not to get dragged into dark and sad thought processes. I have so much to be grateful for that I can usually turn that internal narrative around. I am more affected by anxiety which makes it harder for me to put myself into social events.
25	22/03/2025 12:17 PM ID: 267585497	Negativity and lack of self confidence/belief snowballs
26	23/03/2025 6:48 PM ID: 267641873	I have C-PTSD and that contributes
27	31/03/2025 10:11 AM ID: 268111236	it would if I let it .-distractions can be difficult because of my impaired mobility I need someone to transport me
28	12/04/2025 8:03 AM ID: 268948181	I struggle to even do things I know will give me pleasure. I'm exhausted and angry all the time. I don't particularly care if I don't carry on living.

14. Do you feel that your loneliness contributes to poor physical or mental health











29	30/04/2025 10:26 PM ID: 270187670	I spend too much time thinking about the people and family who have stepped back from me. This makes me feel abandoned, unloved, uncared for, not worth bothering about. It triggers my ptsd and increases my anxiety and depression. This also causes stress which increases the symptoms of my illnesses. It also stops me from going for walks, meeting people or doing things that would improve my mental and physical health either because I can't do it or I don't see the point.
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15. Are you a new Mum?

Answer Choices			Response Percent	Response Total
1	Yes		2.17%	2
2	No		97.83%	90
			answered	92
			skipped	0

3. Coping Strategies

16. What do you usually do to cope with feelings of loneliness?





Answer Choices			Response Percent	Response Total
1	Talking to friends or family		8.70%	8
2	Engaging in hobbies		8.70%	8
3	Seek professional help (e.g. therapist, counselor)		2.17%	2
4	Attend social events or groups		7.61%	7
5	Volunteer or help others		6.52%	6
6	Daily targets		3.26%	3
7	Going for a walk or exercise		28.26%	26
8	Watch TV, movies or play video games		10.87%	10
9	Meditate or practice mindfulness		6.52%	6
10	Other (please specify):		17.39%	16
			answered	92
			skipped	0

16. What do you usually do to cope with feelings of loneliness?







Other (please specify): (16)

1	30/10/2024 3:48 PM ID: 256834435	Try to find things which make me feel happy
2	04/11/2024 8:02 PM ID: 257204020	Ignore it
3	04/11/2024 11:43 PM ID: 257217152	Drinking
4	08/11/2024 10:38 AM ID: 257588540	Sweat it out. I use some techniques from my past therapy. Or nothing.
5	22/11/2024 7:25 PM ID: 258981181	Scream
6	05/12/2024 3:35 PM ID: 259932622	Severe M.E. means I can do none of the above.
7	11/12/2024 5:00 PM ID: 260376011	Nothing
8	13/12/2024 8:54 AM ID: 260501319	Talk to friends if they are available- often not you get an answer
9	16/12/2024 4:07 PM ID: 260657471	Number 1,2 and 8
10	19/12/2024 9:25 PM ID: 260904828	Try to ignore it
11	06/01/2025 4:13 PM ID: 261449688	Go out and go shopping to a garden centre
12	15/01/2025 11:35 AM ID: 262125956	I try to lean in to it and know that it will pass. Then I'll usually get involved in a household task, often laundry seems to kickstart me and I feel energised
13	03/03/2025 6:44 PM ID: 266169889	I don't because I am housebound with a severe disability
14	20/03/2025 10:54 PM ID: 267493150	I cuddle my dogs and talk to them. They are always there for me when other aren't. My daughter is amazing, but I don't want to burden her emotionally
15	23/03/2025 6:48 PM ID: 267641873	I am studying a degree distance learning so I focus on that. But I reach out to a friend who lives in another part of the country. She of course has a life though and isn't always there in those moments when I really just need a friend
16	12/04/2025 8:03 AM ID: 268948181	Again, why only the one response option. Do you really want to know what people do?

17. How effective do you find these strategies?

Answer Choices			Response Percent	Response Total
1	Very effective		11.96%	11
2	Somewhat effective		63.04%	58
3	Not effective		17.39%	16
4	I don't use any coping strategies		7.61%	7
			answered	92
			skipped	0

18. When you feel lonely, what prevents your from trying to connect with others?

Answer Choices			Response Percent	Response Total
1	I feel too anxious or shy		34.78%	32
2	I don't have anyone to talk to		31.52%	29
3	I feel like a burden		43.48%	40
4	I am not sure where to find support		26.09%	24
5	I prefer to be alone		13.04%	12
6	Other (please specify):		19.57%	18
			answered	92
			skipped	0

Other (please specify): (18)

1	30/10/2024 10:05 AM ID: 256798960	state of mind
2	30/10/2024 3:48 PM ID: 256834435	See above
3	30/10/2024 10:19 PM ID: 256871036	Confidence & anxiety
4	04/11/2024 9:00 AM ID: 257114962	I find that i get myself into a bit of a hole/ dark place and then don't have the energy or positivity to go and be social. I become my own worst enemy.

18. When you feel lonely, what prevents your from trying to connect with others?

5	04/11/2024 1:07 PM ID: 257145298	too tired caring is full on
6	05/11/2024 8:48 PM ID: 257338290	I feel that everyone else already have friends & connections so won't want more
7	05/11/2024 10:24 PM ID: 257346183	No one seems interested in the things I am
8	29/11/2024 11:48 AM ID: 259457780	I have severe hearing impairment which makes conversation difficult on the phone or in person especially when folks haven't acule how to speak to me slowly ,clearly Not ShOUT
9	05/12/2024 3:35 PM ID: 259932622	I am too unwell - house-bound.
10	11/12/2024 12:20 PM ID: 260345904	Not generally lonely
11	19/12/2024 9:25 PM ID: 260904828	Time,husband and kids
12	29/12/2024 2:44 PM ID: 261177930	s said above I can connect with others but fed up of it being one sided. My weight has increased during menopause so I've pulled back too.
13	15/01/2025 11:35 AM ID: 262125956	I enjoy being alone and think occasional loneliness is inevitable
14	14/03/2025 1:14 AM ID: 267032614	Due to my physical limitations, I struggle to either keep up with others or don't want to have to explain to people about why I can't do something. Afraid of being judged and excluded.
15	15/03/2025 11:16 AM ID: 267107143	My own health issues and being a carer for family
16	20/03/2025 10:54 PM ID: 267493150	I do enjoy being alone, but it does hurt to think that I am forgotten about by people and it feels like I have to chase people to notice that I'm still there.
17	23/03/2025 6:48 PM ID: 267641873	I find it hard to socialise now and to connect on a deeper level with people. For people to understand me I have to explain that we escaped DV but I hate talking about it.
18	12/04/2025 8:03 AM ID: 268948181	There's no point

19. How would you describe the difference between times when you feel lonely and times when you feel connected?

Answer Choices	Response Percent	Response Total
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19. How would you describe the difference between times when you feel lonely and times when you feel connected?

1	Open-Ended Question	100.00%	92
1	30/10/2024 9:12 AM ID: 256792708	Not sure.	
2	30/10/2024 10:05 AM ID: 256798960	being with friends	
3	30/10/2024 10:34 AM ID: 256801869	I no longer feel connected at any level living in total isolation without speaking to a soul because I am housebound	
4	30/10/2024 12:15 PM ID: 256812245	When I am lonely, it is usually when I feel excluded or have little to contribute to a group or situation. When I feel that I have something to offer, I feel less lonely. I would love to volunteer, but do not have a lot of time, as I am either working or looking after family and home.	
5	30/10/2024 3:48 PM ID: 256834435	Very dark place to be	
6	30/10/2024 10:19 PM ID: 256871036	Pleasurable, happier.	
7	04/11/2024 9:00 AM ID: 257114962	When I feel connected, I feel accepted, I feel me and a lot more positive. When I feel lonely I feel really rubbish about myself.	
8	04/11/2024 11:37 AM ID: 257135246	Isolated, and when with people always on my own so feel like odd one out	
9	04/11/2024 12:51 PM ID: 257144356	I have someone to talk when feeling connected	
10	04/11/2024 1:07 PM ID: 257145298	I feel lonely when I am trying to sort care issues out which are my responsibility alone. I feel I don't have time or opportunity to gain support or discuss issues with other carers who will understand. As caring progresses with an elderly parent with dementia you get more and more isolated without realising it. All the social events and cultural opportunities I used to enjoy even alone but feeling one with a like minded crowd are now lost to me. I have to watch TV that will not distress my loved one which is pretty basic unchallenging stuff.	
11	04/11/2024 2:20 PM ID: 257153053	When I go out find it so difficult to return to my empty home following death of my husband	
12	04/11/2024 2:20 PM ID: 257154541	I never feel connected	
13	04/11/2024 7:59 PM ID: 257202747	I can stop thinking too much when I feel connected	
14	04/11/2024 8:02 PM ID: 257204020	Not sure	
15	04/11/2024 8:19 PM ID: 257205364	If I didn't have financial worries it would give me time to seek out groups - events etc. I work 6 days a week but my main job is isolating	

19. How would you describe the difference between times when you feel lonely and times when you feel connected?

16	04/11/2024 11:43 PM ID: 257217152	I work with people whom find me refreshing and joyful it's just an act Plus people draw from the strength they see in me for their weaknesses which exhausts me
17	05/11/2024 3:11 PM ID: 257299720	It depends on my mood and people in a social situation. I prefer 1:1
18	05/11/2024 8:48 PM ID: 257338290	I'm thankful for those times (Q18 makes no sense)
19	05/11/2024 10:24 PM ID: 257346183	It's when someone "gets you" or is genuinely interested and vice versa
20	06/11/2024 7:58 AM ID: 257356048	Sad
21	06/11/2024 1:57 PM ID: 257401338	Heartbreaking, being connected reminds of what life can be like
22	07/11/2024 4:21 PM ID: 257532235	Feel sad and depressed when lonely. Don't think about it at other times. Even with other people around, I feel detached and separate.
23	08/11/2024 10:38 AM ID: 257588540	I feel better in myself, that is, more healthy physically and mentally. My motivation improves. I am inclined to do more - chores, shopping, going out
24	11/11/2024 6:55 PM ID: 257821700	I don't know
25	21/11/2024 7:37 AM ID: 258822477	isolated not wanted
26	21/11/2024 4:26 PM ID: 258877837	I feel more alive and the ache inside goes a bit
27	21/11/2024 5:32 PM ID: 258883117	When my thoughts get the better of me.
28	22/11/2024 7:25 PM ID: 258981181	When i can relate to my SOs or they need me for a particular purpose
29	23/11/2024 7:01 PM ID: 259025536	Not sure
30	24/11/2024 8:50 PM ID: 259064787	I need to be with people and don't like being on my own. I used to like my own company and be more self sufficient but some health issues and other things have made me lose con
31	29/11/2024 11:48 AM ID: 259457780	when I feel lonely time passes slowly .I find I forget the order to do things like make a cup of tea I will put the kettle on get teapot out lay the tray then forget to put a jug of milk on the tray.

19. How would you describe the difference between times when you feel lonely and times when you feel connected?

32	02/12/2024 10:44 AM ID: 259588021	I'm more happy and upbeat. I don't worry so much about what's coming next.
33	05/12/2024 3:35 PM ID: 259932622	Alone and house-bound, I don't feel 'connected' to anyone or anything.
34	10/12/2024 12:08 PM ID: 260256293	I feel lonely when I stop being busy, and connected when I am at work and focused on tasks.
35	10/12/2024 12:16 PM ID: 260258512	-
36	10/12/2024 1:44 PM ID: 260266196	It is situational
37	11/12/2024 7:49 AM ID: 260318514	I only feel connected when I am in the workplace or with my wife. That said, I can still feel lonely when I am connected because my choice of lifestyle and interests differ massively from those of work colleagues. I have been teetotal for 12 years, I don't like or enjoy Christmas, I like to eat as healthily as I possibly can, I exercise 6 days a week, I get up at 0400 every day and go to bed at 2030 - this means it is difficult to connect effectively with others. I know that this is my lifestyle choice but I came as close to death as you possible can do, 10 years ago, and carry a number of life changing injuries.
38	11/12/2024 12:20 PM ID: 260345904	When my partner is distant emotionally that makes me feel uncared about. When I am with other people at workout classes, volunteering or with family and friends I feel engaged and connected.
39	11/12/2024 3:28 PM ID: 260366076	Feel more confident
40	11/12/2024 5:00 PM ID: 260376011	Feel lonely at the time - work just distracts me
41	12/12/2024 4:49 AM ID: 260406058	With people and without people
42	12/12/2024 7:46 PM ID: 260475145	When feeling lonely I feel like there is no one to talk to and it would be too difficult to explain, it's like the loneliness increases the negative thought patterns and the negative thought patterns make you feel lonely
43	13/12/2024 8:40 AM ID: 260500258	I feel more emotionally fired when feeling I want to join in but can't. Frustrating
44	13/12/2024 8:54 AM ID: 260501319	It's affected by what else is in my life that I am trying to manage
45	13/12/2024 8:24 PM ID: 260559352	Meeting someone like minded
46	16/12/2024 11:56 AM ID: 260634516	Often when I am looking after my children so cannot socialise how I would like to

19. How would you describe the difference between times when you feel lonely and times when you feel connected?

47	16/12/2024 1:32 PM ID: 260640005	Stress contributes to my loneliness. No-one else understands how I feel and they cannot resolve the issues for me.
48	16/12/2024 3:21 PM ID: 260643742	I feel lonely when I am a carer on my own.
49	16/12/2024 4:07 PM ID: 260657471	Not sure
50	17/12/2024 10:06 AM ID: 260696911	Elements of distraction.
51	19/12/2024 9:40 AM ID: 260852859	I feel more lonely when my long term condition is playing me up which could last a day or about a week. With NO one with you you have to go through with the pain alone. I suffer from Fibromyalgia and it is not as common in males as females.. I have suffered with it since 1990 when I walked of a cricket match in agony.
52	19/12/2024 9:25 PM ID: 260904828	Sad hapoy
53	24/12/2024 12:02 AM ID: 261061250	Didn't feel it
54	24/12/2024 6:29 PM ID: 261089322	My family don't count me as family and I love with my parents
55	29/12/2024 2:44 PM ID: 261177930	I'm much more vibrant when I'm connected. I'm a really chatty jokey person and love going out for drinks and music concerts etc so when all this has lessened I just feel quite empty.
56	06/01/2025 4:13 PM ID: 261449688	Feeling lonely on occasions is just because of being on your own all the time. You feel more connected when you meet up with people to talk, hear their stories and have coffee together.
57	06/01/2025 6:40 PM ID: 261463413	I feel lonely all of the time as I am housebound with a terminal health condition and the only people who I see are my carers three times a day
58	07/01/2025 10:33 AM ID: 261495374	I feel connected when I am with others in a social group. I like to chat and have a laugh and discuss current matters and news etc. I need my brain to be stimulated on a regular basis. When I feel lonely it is usually when I am at home on my own. This is mainly weekends and alternate weekdays when I have no meetings to go to or I am not meeting up with my close friend for coffee. I rarely speak to neighbours as they work ,
59	13/01/2025 5:07 PM ID: 261969781	I feel much better in my self worth when I am connected. I feel like there's something wrong with me when people don't want to spend time with me and it affects my self esteem and mood
60	15/01/2025 11:35 AM ID: 262125956	I feel connected when I'm with people, usually people I care about and who care about me, but often a chance encounter with a total stranger is immensely uplifting. I can feel lonely in a crowd, or when I am actually alone. It's a sort of hollow, anxious feeling
61	16/01/2025 5:27 AM ID: 262218033	When I feel connected I am a different person much more positive about life in general and I'm not so hard on myself.

19. How would you describe the difference between times when you feel lonely and times when you feel connected?

62	18/01/2025 1:37 PM ID: 262410931	When I'm alone,I often go a few days without speaking to anyone else/don't leave the house. I have no reason to get up. When connected I feel relaxed, happy, laugh a lot and enjoy sharing g common interests with close friends
63	03/02/2025 4:40 PM ID: 263625974	I was married for over 40 years and we did everything together I not only lost my husband but everything else as well. Loneliness is so different to being alone it is all consuming
64	03/02/2025 7:24 PM ID: 263646064	I camt
65	04/02/2025 1:27 PM ID: 263703694	completely different
66	04/02/2025 3:00 PM ID: 263713728	I feel more positive -I can cope . I tell myself nobody else feels sorry for me so stop feeling sorry for yourself
67	03/03/2025 6:44 PM ID: 266169889	I never feel connected because no family lives nearby and any friends no longer visit me
68	04/03/2025 9:26 AM ID: 266213467	when lonely I feel really down. When connected I feel like a different person and full of interest and joy.
69	13/03/2025 10:22 PM ID: 267029797	I feel happy when I feel connected. My mood is good. When I feel lonely, I feel sad and low
70	14/03/2025 1:14 AM ID: 267032614	I only ever feel connected when sharing a passion or interest with fellow minded people or when I volunteer. Sadly not able to do that much. Loneliness, well just feels like there is massive gap between you and others with no availability of ways to bridge it.
71	14/03/2025 7:53 AM ID: 267037012	As a gap!!
72	14/03/2025 8:29 AM ID: 267038273	When I'm lonely I feel tired, sad and disconnected from life, when I'm connected I feel invigorated and happy
73	14/03/2025 5:24 PM ID: 267086106	When people make contact with me
74	15/03/2025 6:57 AM ID: 267100797	Feel happy when connected but know that this feeling won't last as it's only a short time
75	15/03/2025 10:57 AM ID: 267106663	It's often about what people are talking about and finding connection with people not just surface level conversations
76	15/03/2025 11:16 AM ID: 267107143	Feeling alive,part of something when connected. Reduced anxiety,overthinking.
77	15/03/2025 8:09 PM ID: 267123429	Not feeling tired

19. How would you describe the difference between times when you feel lonely and times when you feel connected?

78	16/03/2025 10:12 AM ID: 267135559	When I am around people I am fine , I love to talk. I like to keep occupied but age and ailments sometimes prevent me from doing certain things.
79	16/03/2025 9:41 PM ID: 267154552	Less stressed when meeting other people Too much time to thing depressing thoughts when one is alone
80	18/03/2025 7:29 PM ID: 267307771	Can feel lonelier in company than alone
81	20/03/2025 7:00 PM ID: 267484790	I feel valued and a good person when I'm connected. When I'm alone I view myself very negatively and think I'm worthless
82	20/03/2025 10:54 PM ID: 267493150	When I feel lonely, the future seems stretched out ahead and I get caught up in thoughts and worries of how my life is going to be. It makes me sad for the future and worried. When I'm not feeling lonely I am more in the moment, positive and grateful for everything in my life.
83	21/03/2025 7:23 PM ID: 267550732	Dispair versus belonging
84	22/03/2025 12:17 PM ID: 267585497	I feel uncomfortable in company, I feel very unloved/unliked
85	23/03/2025 6:48 PM ID: 267641873	When I feel connected I feel positive, like there's a light in the future to keep walking towards. When I am lonely I am very tearful and wish I could go to sleep and not wake up. I'd never do anything silly because my girls need me, but if I didn't have children it would be different.
86	25/03/2025 10:13 AM ID: 267751030	I talk to people in my community people are getting to know me they call me ginger rodgers, but I moved away from my home in sussex to be with my god children and they work they don't have time for me. I gave up my car when I moved so I don't have the same access to a vehicle but I do use the zipper buses.
87	26/03/2025 10:16 PM ID: 267889168	Exhausting
88	31/03/2025 10:11 AM ID: 268111236	My negative thoughtsCan't do , when I feel lonely, become positive Can do ones
89	10/04/2025 6:11 PM ID: 268875372	Happiest when connected
90	12/04/2025 8:03 AM ID: 268948181	Being seen. Like REALLY seen.
91	30/04/2025 10:26 PM ID: 270187670	When I feel lonely I feel like I don't exist to others. I feel very sad, unmotivated and I don't understand how I have found myself in this position. When I feel connected, I am happy, I love life, I am full of hope and can take on anything.
92	16/05/2025 3:12 PM ID: 271175830	Significant. I am engaged in fun activities or interesting conversations when I am feeling connected. Loneliness often sets in when at home too much.
		answered 92
		skipped 0

20. What makes you feel the most connected to others?

Answer Choices			Response Percent	Response Total
1	Quality time with loved ones	<div></div>	52.17%	48
2	Meaningful conversations	<div></div>	67.39%	62
3	Shared interests or hobbies	<div></div>	51.09%	47
4	Working towards a common goal	<div></div>	20.65%	19
5	Physical affection or presence	<div></div>	39.13%	36
6	Sense of belonging to a community group	<div></div>	44.57%	41
7	Other (please specify):	<div></div>	10.87%	10
			answered	92
			skipped	0

Other (please specify): (10)

1	30/10/2024 3:48 PM ID: 256834435	Talking to others
2	22/11/2024 7:25 PM ID: 258981181	Identifying muri
3	05/12/2024 3:35 PM ID: 259932622	Nothing - too unwell to 'connect' - even this is a huge effort, and exhausting. Abandoned by the NHS.
4	11/12/2024 7:49 AM ID: 260318514	Purpose in life i.e. being seen as a person who contributes and can be relied on.
5	11/12/2024 5:00 PM ID: 260376011	I do not
6	24/12/2024 12:02 AM ID: 261061250	Not feel connected
7	29/12/2024 2:44 PM ID: 261177930	My Voluntary work
8	04/02/2025 3:00 PM ID: 263713728	doing something useful for others -I knit hats for homeless and pray for people experiencing situations I have coped with like acquiring deafness death of family members
9	15/03/2025 11:16 AM ID: 267107143	Being heard and acknowledged
10	20/03/2025 10:54 PM ID: 267493150	Knowing I am visible and in someone's thoughts. That makes me feel seen and not forgotten.

21. What kind of services or resources would you like to see more of in your community to address loneliness?

Answer Choices			Response Percent	Response Total
1	One to one interventions (for example, befriending)	<div></div>	35.87%	33
2	Group activities	<div></div>	46.74%	43
3	Programmes for older adults or youth	<div></div>	39.13%	36
4	Social clubs or activity groups	<div></div>	28.26%	26
5	Community events	<div></div>	23.91%	22
6	Workshops on building social skills and connections	<div></div>	25.00%	23
7	Peer support groups	<div></div>	30.43%	28
8	Digital platforms connecting with others	<div></div>	15.22%	14
9	Volunteer opportunities	<div></div>	31.52%	29
10	Other (please specify):	<div></div>	16.30%	15
			answered	92
			skipped	0





Other (please specify): (15)

1	04/11/2024 1:07 PM ID: 257145298	But could only take advantage of if there were respite for loved one I care for
2	05/11/2024 8:48 PM ID: 257338290	Better public transport
3	22/11/2024 7:25 PM ID: 258981181	Identifying mutual interests
4	29/11/2024 11:48 AM ID: 259457780	transport suitable for me and my wheelchair so I can go out to events of my choice with out my daughter having to take me . We are opposites in many things though she has been my unpaid Carer for 26yrs
5	05/12/2024 3:35 PM ID: 259932622	Alleviation of the effects of chronic illness to give some measure of well-being, thus allowing one to leave the house, or to have the energy (physical, mental and emotional) to have visitors. M.E. - Much Excluded.
6	13/12/2024 8:54 AM ID: 260501319	Retirement!
7	16/12/2024 1:32 PM ID: 260640005	All of the above

21. What kind of services or resources would you like to see more of in your community to address loneliness?

8	16/12/2024 3:21 PM ID: 260643742	Support for carers.
9	29/12/2024 2:44 PM ID: 261177930	None of the above really. I already volunteer
10	15/01/2025 11:35 AM ID: 262125956	All have value in offering choice
11	04/02/2025 3:00 PM ID: 263713728	more day clubs (or day care sessions where there is a choice of activities suitable for participants
12	23/03/2025 6:48 PM ID: 267641873	Just to have someone come round for a cup of tea once a week would be lovely. Just to chat for a couple of hours. I'm 42 and never thought my life would feel so empty.
13	31/03/2025 10:11 AM ID: 268111236	transport suitable for me and my wheelchair so I can go out to events of my choice with out my daughter having to take me . We are opposites in many things though she has been my unpaid Carer for 26yrs
14	12/04/2025 8:03 AM ID: 268948181	All of these for my community, but none of these will help me personally
15	16/05/2025 3:12 PM ID: 271175830	Huge gap in services for people mid 20s to mid 30s. Most clubs and services drop off at 25 and there is nothing for the 25-35 age group.

22. Would you prefer loneliness services to be available online, in-person, or a mix of both?

Answer Choices			Response Percent	Response Total
1	Mostly online		3.26%	3
2	Mostly in-person		33.70%	31
3	A mix of both		58.70%	54
4	No preference		5.43%	5
			answered	92
			skipped	0

23. What steps, tools or support would empower you to overcome your feelings of loneliness?

Answer Choices		Response Percent	Response Total
1	Open-Ended Question	100.00%	92

23. What steps, tools or support would empower you to overcome your feelings of loneliness?

1	30/10/2024 9:12 AM ID: 256792708	Finding more people with shared interests
2	30/10/2024 10:05 AM ID: 256798960	.
3	30/10/2024 10:34 AM ID: 256801869	community groups that are regular, that have transport volunteers, that cater for different age groups that are for more than a few hours. that make you feel you belong and worth something.
4	30/10/2024 12:15 PM ID: 256812245	Practical tools to try - possibly on an app similar to the NHS quit smoking app where you can track your progress. A buddy scheme would also be good, as I am shy.
5	30/10/2024 3:48 PM ID: 256834435	Some motivation is required. Eg I would find a team effort with laughs etc a great otivator to exercise.
6	30/10/2024 10:19 PM ID: 256871036	Having a wide collection of genuine friends
7	04/11/2024 9:00 AM ID: 257114962	Taster sessions without the pressure of then joining.
8	04/11/2024 11:37 AM ID: 257135246	Someone to just check on me once I a whie
9	04/11/2024 12:51 PM ID: 257144356	Having someone who could signpost me to events/groups
10	04/11/2024 1:07 PM ID: 257145298	Better affordable respite care
11	04/11/2024 2:20 PM ID: 257153053	Regular contact by phone or in person
12	04/11/2024 2:20 PM ID: 257154541	Having someone to talk to and maybe help them too.
13	04/11/2024 7:59 PM ID: 257202747	Don't know
14	04/11/2024 8:02 PM ID: 257204020	Not sure
15	04/11/2024 8:19 PM ID: 257205364	Win the lotto! so I have the time to start seeking out options etc
16	04/11/2024 11:43 PM ID: 257217152	Overcoming continuous long term grief with support I have very little family support whom have there own busy lives I'm childless

23. What steps, tools or support would empower you to overcome your feelings of loneliness?

17	05/11/2024 3:11 PM ID: 257299720	More time not working
18	05/11/2024 8:48 PM ID: 257338290	One to one support & goal setting
19	05/11/2024 10:24 PM ID: 257346183	The stigma around having no friends
20	06/11/2024 7:58 AM ID: 257356048	Friends
21	06/11/2024 1:57 PM ID: 257401338	Social opportunities that don't involve crafting for age group 40-50 years
22	07/11/2024 4:21 PM ID: 257532235	Need help and support in feeling that I am worth other people engaging with.
23	08/11/2024 10:38 AM ID: 257588540	Anyone who could encourage me to get up, get out of the house and to visit places - from shopping to socialising
24	11/11/2024 6:55 PM ID: 257821700	I don't know
25	21/11/2024 7:37 AM ID: 258822477	unsure
26	21/11/2024 4:26 PM ID: 258877837	Someone to talk to, when needed, but not when I don't feel able to talk; Online support and not telephone; people who understand especially with regards chronic illnesses
27	21/11/2024 5:32 PM ID: 258883117	Female companionship of like mindedness.
28	22/11/2024 7:25 PM ID: 258981181	Someone on my wavelength
29	23/11/2024 7:01 PM ID: 259025536	Not sure, I am shy and anxious and feel unimportant
30	24/11/2024 8:50 PM ID: 259064787	A sense of belonging, that people want to be with me, feeling wanted and appreciated
31	29/11/2024 11:48 AM ID: 259457780	just being able to go to mixed groups of people . Not to be categorized/discriminated because I am old use a wheelchair am deaf. I AM A PERSON who happens to be different
32	02/12/2024 10:44 AM ID: 259588021	I'm not sure. I would just like to feel more included in my environment.

23. What steps, tools or support would empower you to overcome your feelings of loneliness?

33	05/12/2024 3:35 PM ID: 259932622	As above; effective help from the NHS for M.E. - giving the physical and mental energy to interact with people.
34	10/12/2024 12:08 PM ID: 260256293	Grief counselling.
35	10/12/2024 12:16 PM ID: 260258512	-
36	10/12/2024 1:44 PM ID: 260266196	Not sure
37	11/12/2024 7:49 AM ID: 260318514	One - to - one support but this must be conducted with people who are older and more mature rather than younger people who have limited life experience.
38	11/12/2024 12:20 PM ID: 260345904	I talk to my husband about feeling not cared about but he doesn't seem able to change is behaviour. He suffers from ADD.
39	11/12/2024 3:28 PM ID: 260366076	Not sure
40	11/12/2024 5:00 PM ID: 260376011	Not sure
41	12/12/2024 4:49 AM ID: 260406058	X
42	12/12/2024 7:46 PM ID: 260475145	I feel like it's my responsibility so don't think any support would help
43	13/12/2024 8:40 AM ID: 260500258	Not sure it's too engrained into my behaviour Behaviour change support
44	13/12/2024 8:54 AM ID: 260501319	Real connection, online is bad for peoples emotional wellbeing it re enforces behaviours that lead to loneliness
45	13/12/2024 8:24 PM ID: 260559352	X
46	16/12/2024 11:56 AM ID: 260634516	Talking with people
47	16/12/2024 1:32 PM ID: 260640005	Non-judgmental counselling
48	16/12/2024 3:21 PM ID: 260643742	Someone I could talk to as and when Circumstances change or stressful situations occur. The same person would be helpful to stop having to repeat the same information.

23. What steps, tools or support would empower you to overcome your feelings of loneliness?

49	16/12/2024 4:07 PM ID: 260657471	Not sure
50	17/12/2024 10:06 AM ID: 260696911	Easy accessible both in person and on-line.
51	19/12/2024 9:40 AM ID: 260852859	Being wanted , or your knowledge of a trade you worked in. Helping others who need support which will intern help me.
52	19/12/2024 9:25 PM ID: 260904828	Divorce
53	24/12/2024 12:02 AM ID: 261061250	Don't know
54	24/12/2024 6:29 PM ID: 261089322	Feeling love from my family
55	29/12/2024 2:44 PM ID: 261177930	I already operate self care etc For me I don't think it's about steps, tools etc it's mainly about my immediate family and friends making an effort to suggest doings socially. I literally go out for a few meals with my family, the odd concert once/twice a year plus my weekly voluntary shifts and that's it.
56	06/01/2025 4:13 PM ID: 261449688	If there were local engaging groups to join, not ones where just a few attend, then it becomes a clique and outsiders are not welcome, thought they say they are!!
57	06/01/2025 6:40 PM ID: 261463413	I need somebody to befriend me or at the very least to realise that I am dying I need somebody to talk to in order to help me deal with the many obstacles I am experiencing
58	07/01/2025 10:33 AM ID: 261495374	More clubs to join . Maybe being collected from home sometime and taken to an interesting weekly group meeting
59	13/01/2025 5:07 PM ID: 261969781	To speak to people with ADHD/Autism so that I don't feel alone
60	15/01/2025 11:35 AM ID: 262125956	I don't mind feeling lonely. It is not a problem for me. It soon passes. I dare say this could change as I get older but I'm pretty good at making connections
61	16/01/2025 5:27 AM ID: 262218033	Not sure any steps would help me overcome feeling lonely except not being alone anymore. Having company to do things with.
62	18/01/2025 1:37 PM ID: 262410931	- reach out to friends and talk openly about how I feel/ask to meet up - make an effort to make plans at the weekend with my son (single parent) so we're not stuck in house all day - Prioritise basic self care
63	03/02/2025 4:40 PM ID: 263625974	If the opportunities are not within walking distance it stops me going especially in the evening

23. What steps, tools or support would empower you to overcome your feelings of loneliness?




64	03/02/2025 7:24 PM ID: 263646064	Don't know
65	04/02/2025 1:27 PM ID: 263703694	having leaflets dropped through my letterbox informing of groups
66	04/02/2025 3:00 PM ID: 263713728	an online directory of ideas plus alist of providers with up-to-date contacts
67	03/03/2025 6:44 PM ID: 266169889	I wish that I knew but a befriending service or some help would definitely assist
68	04/03/2025 9:26 AM ID: 266213467	having more group activities where someone would contact me and ask if I wanted to join them for a day here and there
69	13/03/2025 10:22 PM ID: 267029797	I'm unsure
70	14/03/2025 1:14 AM ID: 267032614	Improved transport links is one observation and often experienced. God forbid you want to do a short course after 5.30 pm. Affordability, often that is another issue. Access is another problem if you have long term health difficulties or disability.
71	14/03/2025 7:53 AM ID: 267037012	Art based workshops that aren't aimed at beginners!!
72	14/03/2025 8:29 AM ID: 267038273	Somewhere where you don't feel judged
73	14/03/2025 5:24 PM ID: 267086106	Don't know
74	15/03/2025 6:57 AM ID: 267100797	Find single people or be in a group with people who have shared interests that I can feel comfortable contacting at anytime as most of my fiends/family are couples and don't understand what it's like when a partner dies
75	15/03/2025 10:57 AM ID: 267106663	Support for neurodiversity
76	15/03/2025 11:16 AM ID: 267107143	Being heard
77	15/03/2025 8:09 PM ID: 267123429	No idea
78	16/03/2025 10:12 AM ID: 267135559	More groups for elderly retired people where they can meet regularly.
79	16/03/2025 9:41 PM ID: 267154552	Feeling braver to join groups

23. What steps, tools or support would empower you to overcome your feelings of loneliness?






80	18/03/2025 7:29 PM ID: 267307771	Better publicity for events near me	
81	20/03/2025 7:00 PM ID: 267484790	Contact with others in similar situation. Opportunity to make new friends.	
82	20/03/2025 10:54 PM ID: 267493150	Making and having more connections within the community. Sharing experiences with people who understand personally what it's like to be on your own.	
83	21/03/2025 7:23 PM ID: 267550732	Singles social groups	
84	22/03/2025 12:17 PM ID: 267585497	Finding confidence and self worth	
85	23/03/2025 6:48 PM ID: 267641873	Finding someone to care for our dog in my house so that I'd be able to leave the house for a few hours while my girls are at school. I'd do anything for that support but of course, can't afford to pay anyone. So I am trapped.	
86	25/03/2025 10:13 AM ID: 267751030	More information about local groups	
87	26/03/2025 10:16 PM ID: 267889168	Direct face to face contact with peers	
88	31/03/2025 10:11 AM ID: 268111236	transport to day care or suitable social events	
89	10/04/2025 6:11 PM ID: 268875372	Having a common place to meet with people.	
90	12/04/2025 8:03 AM ID: 268948181	Changing my life circumstances	
91	30/04/2025 10:26 PM ID: 270187670	Help to understand why people, friends and family, have stopped connecting with me since I was diagnosed with incurable cancer. I know this is quite common but I don't know how to process it as I would, and have, always increased my support to others when they are most vulnerable. Talking therapy is useful as vocalising your feelings helps to release them.	
92	16/05/2025 3:12 PM ID: 271175830	More platforms for people in my age group	
		answered	92
		skipped	0

4. Demographics




24. What is your gender?

Answer Choices			Response Percent	Response Total
1	Male		11.96%	11
2	Female		86.96%	80
3	Non-binary		0.00%	0
4	Prefer not to say		1.09%	1
			answered	92
			skipped	0


25. What is your age?

Answer Choices			Response Percent	Response Total
1	17 or younger		0.00%	0
2	18-24		1.09%	1
3	24-49		25.00%	23
4	50-64		39.13%	36
5	65-79		27.17%	25
6	80 and over		7.61%	7
			answered	92
			skipped	0

26. What is your ethnicity?

Answer Choices			Response Percent	Response Total
White				
1	British		92.39%	85
2	Irish		1.09%	1
3	Other		2.17%	2
Asian or Asian British				
4	Indian		0.00%	0
5	Pakistani		0.00%	0
6	Bangladeshi		0.00%	0

26. What is your ethnicity?

7	Any other Asian background		1.09%	1
Mixed				
8	White and Black Caribbean		0.00%	0
9	White and black African		0.00%	0
10	White and Asian		0.00%	0
11	Any other mixed background		0.00%	0
Black or Black British				
12	Caribbean		0.00%	0
13	African		0.00%	0
14	Any other black background		0.00%	0
Other Ethnic Group				
15	Chinese		0.00%	0
16	Any other Ethnic Group		0.00%	0
17	I do not wish to disclose my ethnic origin		3.26%	3
			answered	92
			skipped	0

27. What is your postcode?

Answer Choices			Response Percent	Response Total
1	Open-Ended Question		100.00%	78
1	30/10/2024 9:12 AM ID: 256792708	HR1		
2	30/10/2024 10:05 AM ID: 256798960	hr4		
3	30/10/2024 12:15 PM ID: 256812245	WR15 8PX (just over the border, but I work in Herefordshire)		
4	30/10/2024 3:48 PM ID: 256834435	HR2 7EY		

27. What is your postcode?

5	30/10/2024 10:19 PM ID: 256871036	Hr1 2ha
6	04/11/2024 9:00 AM ID: 257114962	hr4 0jf
7	04/11/2024 11:37 AM ID: 257135246	Hr1
8	04/11/2024 12:51 PM ID: 257144356	HR6
9	04/11/2024 1:07 PM ID: 257145298	HR3
10	04/11/2024 2:20 PM ID: 257153053	HR2 6QP
11	04/11/2024 2:20 PM ID: 257154541	HR4
12	04/11/2024 7:59 PM ID: 257202747	SY7 0LR
13	04/11/2024 8:02 PM ID: 257204020	HR4 7HQ
14	04/11/2024 8:19 PM ID: 257205364	Hr14er
15	04/11/2024 11:43 PM ID: 257217152	HR4 8SS
16	05/11/2024 3:11 PM ID: 257299720	HR9 6HU
17	05/11/2024 8:48 PM ID: 257338290	NP7
18	05/11/2024 10:24 PM ID: 257346183	Hr1 3ab
19	06/11/2024 7:58 AM ID: 257356048	Hr36lq
20	06/11/2024 1:57 PM ID: 257401338	Hr29qw

27. What is your postcode?

21	07/11/2024 4:21 PM ID: 257532235	Np7 8lw
22	08/11/2024 10:38 AM ID: 257588540	WR13 5NU
23	11/11/2024 6:55 PM ID: 257821700	HR6 0DP
24	21/11/2024 4:26 PM ID: 258877837	HR3 6EB
25	21/11/2024 5:32 PM ID: 258883117	HR2 7EG
26	22/11/2024 7:25 PM ID: 258981181	S8
27	23/11/2024 7:01 PM ID: 259025536	Hr1
28	24/11/2024 8:50 PM ID: 259064787	GL18 2DP
29	29/11/2024 11:48 AM ID: 259457780	HR26NH
30	02/12/2024 10:44 AM ID: 259588021	HR4 ODN
31	05/12/2024 3:35 PM ID: 259932622	HR1 1RH
32	10/12/2024 12:08 PM ID: 260256293	HR8 2UU
33	11/12/2024 12:20 PM ID: 260345904	HR1 1UX
34	11/12/2024 3:28 PM ID: 260366076	HR2
35	11/12/2024 5:00 PM ID: 260376011	HR2 7FH
36	13/12/2024 8:40 AM ID: 260500258	HR2 6LS

27. What is your postcode?

37	13/12/2024 8:54 AM ID: 260501319	HR6
38	16/12/2024 11:56 AM ID: 260634516	DY11 6PL
39	16/12/2024 1:32 PM ID: 260640005	DY11 5DF
40	16/12/2024 3:21 PM ID: 260643742	DY11 6AX
41	16/12/2024 4:07 PM ID: 260657471	Dy10 2un
42	17/12/2024 10:06 AM ID: 260696911	B96 6DW
43	19/12/2024 9:40 AM ID: 260852859	HR3 6QJ
44	29/12/2024 2:44 PM ID: 261177930	HR3
45	06/01/2025 6:40 PM ID: 261463413	WR14 1QU
46	07/01/2025 10:33 AM ID: 261495374	DY10 4JT
47	13/01/2025 5:07 PM ID: 261969781	HR28AU
48	15/01/2025 11:35 AM ID: 262125956	WR6 5TU
49	16/01/2025 5:27 AM ID: 262218033	Hr49la
50	18/01/2025 1:37 PM ID: 262410931	Hr2 0PQ
51	03/02/2025 4:40 PM ID: 263625974	WR11 2SU
52	03/02/2025 7:24 PM ID: 263646064	Hr8 2ae

27. What is your postcode?






53	04/02/2025 1:27 PM ID: 263703694	DY10 4JT
54	04/02/2025 3:00 PM ID: 263713728	HR26NH
55	03/03/2025 6:44 PM ID: 266169889	WR14 1QU
56	04/03/2025 9:26 AM ID: 266213467	DY10 4JT
57	14/03/2025 1:14 AM ID: 267032614	HR2 7QR
58	14/03/2025 7:53 AM ID: 267037012	Hr1
59	14/03/2025 8:29 AM ID: 267038273	HR1 1QD
60	14/03/2025 5:24 PM ID: 267086106	HR2 9SL
61	15/03/2025 6:57 AM ID: 267100797	Np25 5gf
62	15/03/2025 10:57 AM ID: 267106663	Hr4
63	15/03/2025 11:16 AM ID: 267107143	HR7 4AW
64	15/03/2025 8:09 PM ID: 267123429	HR8 2LY
65	16/03/2025 10:12 AM ID: 267135559	HR4
66	16/03/2025 9:41 PM ID: 267154552	Hr1
67	18/03/2025 7:29 PM ID: 267307771	HR2 6BW
68	20/03/2025 7:00 PM ID: 267484790	Hr49la

27. What is your postcode?



69	20/03/2025 10:54 PM ID: 267493150	HR2 9HZ
70	21/03/2025 7:23 PM ID: 267550732	HR8 2GX
71	22/03/2025 12:17 PM ID: 267585497	HR4 7JJ
72	23/03/2025 6:48 PM ID: 267641873	HR9 7EH
73	25/03/2025 10:13 AM ID: 267751030	HR4 0AS
74	26/03/2025 10:16 PM ID: 267889168	HR1
75	31/03/2025 10:11 AM ID: 268111236	HR26NH
76	10/04/2025 6:11 PM ID: 268875372	HR27
77	30/04/2025 10:26 PM ID: 270187670	HR5 3BS
78	16/05/2025 3:12 PM ID: 271175830	Hr4

answered	78
skipped	14









28. What is your marital status?

Answer Choices			Response Percent	Response Total
1	Single		10.87%	10
2	Married or domestic partnership		43.48%	40
3	Divorced		20.65%	19
4	Co-habiting		1.09%	1
5	Separated		2.17%	2

28. What is your marital status?

6	Widowed		19.57%	18
7	Other (please specify):		2.17%	2
			answered	92
			skipped	0
Other (please specify): (2)				
1	08/11/2024 10:38 AM ID: 257588540	I am divorced, but after 20 years of that, I feel single.		
2	15/01/2025 11:35 AM ID: 262125956	I'm widowed but in another relationship, living separately at the moment		

29. What is your employment status?

Answer Choices			Response Percent	Response Total
1	Employed		38.04%	35
2	Self-employed		6.52%	6
3	Out of work and looking for work		2.17%	2
4	Out of work but not currently looking for work		0.00%	0
5	A homemaker		2.17%	2
6	A student		1.09%	1
7	Military		0.00%	0
8	Retired		34.78%	32
9	Unable to work		7.61%	7
10	Other (please specify):		7.61%	7
			answered	92
			skipped	0
Other (please specify): (7)				
1	04/11/2024 2:20 PM ID: 257154541	Carer		
2	24/11/2024 8:50 PM ID: 259064787	Semi retired		

29. What is your employment status?

3	13/12/2024 8:24 PM ID: 260559352	Maternity leave
4	06/01/2025 4:13 PM ID: 261449688	Retired and still do some casual work
5	15/03/2025 11:16 AM ID: 267107143	Carer for family members
6	23/03/2025 6:48 PM ID: 267641873	I have got LCW through UC but I probably won't get it with my next assessment. I am scared because I might not be able to find a working from home job and I can't leave my dog at home while I work.
7	12/04/2025 8:03 AM ID: 268948181	What I do makes it difficult to get recognised paid employment