

Befriending Week - 2 November to 9 November 2012



let's tackle loneliness

A PLEA TO SCOTLAND'S FAITH COMMUNITIES

With the arrival of the 7th billionth person to our small planet, and the many ways of making and sustaining friendships with new forms of social media, you might be forgiven for wondering how it's possible to be lonely.

Yet there is a growing evidence base that shows loneliness persists across all ages, in all communities, no matter where people live, how much money they have or how many people they see each week.

Over half of Britain's older people said in a recent survey that the television was their main company, with 2 out of 3 disabled adults saying that they had almost no opportunities to make friends with people they had things in common with.

Befriending Networks the lead body for the befriending sector, representing the many hundreds of small befriending services working tirelessly to connect people back into their communities.

We are appealing to you as a faith group at the centre of your community to help us raise awareness of the impact of loneliness and to demonstrate that there are local solutions.

During Befriending Week (Friday 2nd November – Friday 9th November), we are inviting every faith group across Scotland to address the theme of loneliness in their thoughts, prayers, meetings, sermons and discussions. Our hope is that every church, mosque, synagogue, temple, and meeting place across Scotland will highlight the impact of loneliness. This would be a very powerful way of raising awareness of such a deep-rooted, personal issue.

We need your help to make this happen.

If you are interested in supporting Befriending Week or finding out more, please reply to this email, info@befriending.co.uk so that we can send you further information.

With many thanks in advance and very best wishes,

Samantha Rospigliosi
Information Officer