



MONDAY 18TH – FRIDAY 22ND JUNE



**#LetsTalkLoneliness**

TO GET INVOLVED VISIT:

[WWW.MARMALADETRUST.ORG/LAW](http://WWW.MARMALADETRUST.ORG/LAW)

# Loneliness Awareness Week

Marmalade Trust is dedicated to tackling loneliness across society. Loneliness Awareness Week aims to raise awareness of the extent of loneliness and reconnect isolated people to form new friendships.

## Stats:

Loneliness can be as harmful to health as smoking 15 cigarettes a day

‘The UK is the loneliest country in Europe’ (UK Gov Survey 2017)

## How to help:

**Talk** | Start a conversation to raise awareness

**Action** | Attend an event or host your own to spread the word

**Support** | Volunteer for Marmalade Trust or make a donation to support our work



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