Subject line: Help us reduce crime by tackling loneliness in our community

Hello Neighbours

I’m writing this email/post to alert you to ask for your help in tackling a serious problem within our community – a problem that, left untackled, can lead to an increase in crime rates.

Loneliness has recently been identified as a serious and growing problem by the government and others. Studies show that one in 20 people always or often feel lonely, and 2.4 million of us suffer from chronic loneliness.

It’s a particular issue for older people – Age UK estimates that at least a million older people are lonely, and 200,000 older people in England regularly go for more than a month without having a conversation with a friend or relative. These are heartbreaking statistics.

As well as taking its toll emotionally, being lonely is bad for older people’s health – worse than obesity and as damaging as smoking 15 cigarettes a day, in fact. It can also increase people’s risk of falling victim to scams, because lonely people are more likely to engage in conversation with a stranger on the phone or at the door, or even more likely to respond to letters and emails.

For these reasons, the local police and Neighbourhood Watch are keen to raise public awareness of loneliness in order to identify those who are lonely and get them the right support.

Once you know what to look for, it is relatively easy to spot the signs that a person may be lonely. Armed with the right knowledge, you can play an important part in tackling this terrible affliction and preventing crime.

Neighbourhood Watch has created an online information pack about loneliness and how it makes people more vulnerable to crime – and what you can do to help. You can find this pack here: <https://www.ourwatch.org.uk/crimes-archive/loneliness-and-vulnerability/> and if you go to the Toolkit section here: https://www.ourwatch.org.uk/crimes-archive/toolkit-6/ you can find more resources to help you understand and identify loneliness and learn what you can do about it.

Please take a look at the online information pack and come back to me if you have any questions.

Thank you,