



PRESS RELEASE:

Thursday 28th January 2021

Women Out West launches Over 55s Befriending Service to combat lockdown loneliness

Women Out West are launching a new service this week to support women in West Cumbria who are over 55, feeling isolated or lonely, and in need of friendship during these challenging times of Coronavirus.



The service will be run by Patricia Sharkey, who has already supported many women at the centre in her volunteering role (she was the first volunteer when the centre opened in 2019). Patricia is no stranger to isolation herself as she has been shielding almost constantly since the first lockdown in March.

She is passionate about supporting all who feel disconnected from the community and knows the difference that a friendly voice can make on difficult days.

Rachel Holliday, founder of Women Out West, said “It has become very apparent that the impact of social isolation on health and well-being is affecting more and more people in West Cumbria. We want to extend our service to ensure that all women over 55 who feel alone and isolated can access a friend to help them feel more connected.”

You can access the service by visiting womenoutwest.co.uk/befriending/ or by clicking the link on the front page. Patricia will be available between 10am and 2pm Monday to Friday, but will be picking up messages regularly.

Contact Patricia via the form on the page above, or by calling 07985 411210. This is for all women over 55 and WoW hopes that this will alleviate some of the “Lockdown loneliness” that has become so prevalent in the last year.

For more information please contact kate@womenoutwest.co.uk

Web link: <https://womenoutwest.co.uk/befriending/>

Women Out West, Unit B4, Haig Enterprise Park, Kells, Whitehaven, CA28 9AN.
T: 01946 550103 E: contactus@womenoutwest.co.uk W: womenoutwest.co.uk