

# Alone at Christmas?

On your own this festive season? Or is someone you know going to be on their own?



Through HertsHelp, you can:

- Find out what's happening locally over the Christmas break
- Tell us about community events taking place in your area
- Volunteer to help out or run an event

Call HertsHelp on **0300 123 4044** (local rate)  
email [info@hertshelp.net](mailto:info@hertshelp.net)  
or visit [www.hertsdirect.org/hertshelp](http://www.hertsdirect.org/hertshelp)

Join the conversation on Twitter at  
**#aloneatChristmas**



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While many look forward to Christmas, it can be a difficult time for people who are alone, whatever their age.

If you or someone you know would like to get involved in community events and activities to avoid being Alone at Christmas, get in touch with HertsHelp.

#### Research suggests that:

- 11% of us feel lonely often
- 37% of us have a close friend or family member who we think is very lonely
- 57% of us who have experienced depression or anxiety have isolated ourselves from friends and family
- only 22% of us never feel lonely

#### Get involved this festive season

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Hertfordshire



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