

The Longest Days — But Are They the Loneliest?



July is glorious around here. The evenings stretch on and on, the gardens are full, and there's that particular golden light that falls across the fields between Grantham and Newark on Trent that makes you feel, just for a moment, that everything is right with the world.

But for some of our older neighbours, these long bright days can feel very long indeed.

Loneliness doesn't always announce itself. It settles in quietly — in the hours between one visitor and the next, in a cup of tea made for two out of habit, in the television left on simply for the sound of voices. Summer can make it sharper, somehow. When the world outside seems busy and full of life, being alone indoors can feel more pronounced.

We see this a lot in the villages we serve. A daughter in Long Bennington who rings every Sunday but worries the calls are getting shorter. A son in Bottesford who notices, on his last visit, that his dad hadn't opened the curtains until gone noon. A neighbour in Claypole who hasn't seen the lady next door in the garden for weeks.

These quiet signs matter. If someone you care about has stopped doing the things they used to enjoy, seems flat or withdrawn when you do see them, or mentions — even in passing — that the days feel empty, it's worth pausing to take that seriously.

Companionship is one of the most important things we offer at Right at Home Grantham & Newark. Not in a formal, clinical way — just a regular, friendly face. Someone who turns up, makes a cup of tea, asks about the



garden or the grandchildren, and genuinely listens. Our carers build real relationships with the people they visit. For many clients, that visit becomes one of the highlights of their week.

It doesn't have to be a big conversation. Sometimes just knowing someone is coming makes all the difference to how a day feels — and how a person feels about themselves.

If you're worried about someone in your life — a parent, a neighbour, anyone — please don't wait. A gentle conversation costs nothing.

Call us on 01476 833168 or visit rightathome.co.uk/grantham-newark. We're local, we're friendly, and we'd love to help.

Right at Home Grantham & Newark — care for a life you love.



01476 833168



grantham@rightathome.co.uk

rightathome.co.uk/grantham-newark



**Anand Parekh —
Managing Director**

