The Days Are Getting Shorter — Nobody Should Face Them Alone

There's a particular kind of stillness that settles over Belton and Manthorpe in October. The horse chestnuts along the lanes are turning, the evenings close in a little earlier each day, and the warmth of summer feels like it's gently stepping back. For many of us, autumn is a season to savour — cosy evenings, familiar comforts, the pleasure of being at home.

But for some older residents in our villages, these shorter days bring something harder. A quietness that isn't peaceful. A stillness that isn't restful. And hours that stretch in a way that no television programme quite fills.

Loneliness among older people is more common than most families realise — and it often hides in plain sight. It isn't always the person who says they're lonely. More often it's the parent who insists they're fine, but whose world has quietly grown smaller. The phone calls that have become shorter. The enthusiasm that has dimmed a little. The person who used to love pottering in the garden at Manthorpe or walking the paths near Belton House, but who now rarely seems to leave the house at all.

These are the signs worth noticing. And they matter — because loneliness has a very real impact on both physical and mental wellbeing. It isn't something to wait out.

At Right at Home Grantham & Newark, companionship sits at the heart of the care provided. Not as an add-on, not as a brief



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afterthought at the end of a visit — but as something genuinely valued and deliberately built into every call. Carers take time to listen, to talk, to share a cup of tea and hear about the memories behind the photographs on the mantelpiece. Real relationships form. And for many clients, that regular, familiar face becomes one of the most important parts of their week.

It doesn't require a crisis to reach out. A gentle conversation now — before the winter months deepen — could make an enormous difference to someone's daily life.

If there's someone in your life who might be quietly struggling with the long, empty days, please don't leave it too long.

Call 01476 833168 or visit rightathome.co.uk/grantham

Right at Home Grantham & Newark would love to help.

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