

single *Again*

press release

DECEMBER 1997

FOR IMMEDIATE RELEASE

HELP FOR SINGLE PEOPLE OVER CHRISTMAS 1997

As usual, Single Again will be taking calls from enquirers in London and the South-East throughout the Christmas period.

Single Again offers advice and support to single people who are feeling isolated, depressed or confused, as well as those who have decided it's time to take action to improve the quality of their lives.

In addition to providing a sympathetic ear, we are able to give practical advice and information on a wide range of subjects, from coping with break-up and bereavement to rebuilding your social life and planning a better future.

Over the past four years, Single Again has helped thousands of single people, old and young, from all walks of life. Some single people are perfectly happy to spend most of their lives on their own, but for many loneliness is a real problem. Sometimes it can seem as though there's no way out - and that's when organisations such as ours can really make a difference.

Callers are never pushed into joining Single Again - we often give out details of other organisations which may be more appropriate. But joining Single Again can be a good option for anyone who wishes to escape the isolation associated with living alone and gain instant access to a new group of friends with shared experiences.

Members in the London area are welcome to attend any of our social events, ranging from drinks evenings to visits to restaurants and the theatre. Single Again is not a dating organisation and all our events are totally informal - friendships are formed naturally and there is no pressure to 'perform'.

All members receive our quarterly newsletter - the country's only magazine covering the full range of news and information of interest to single people. We also have a nationwide friendship club (all members receive a clublist with details of other members - so people can choose exactly who they want to make contact with).

NOTES

- ◆ New statistics indicate that over 25% of all households in the UK are made up of single people. Of these, 65% are separated, divorced or widowed. Nearly one in three say that they are lonely. In London, the problem is particularly acute, even among the young. There are countless opportunities for people to socialise and have a good time, but sometimes they need a helping hand to get started.
- ◆ Single Again recently released our valuable seasonal advice for singles: **Ten Tips For Christmas** and **Ten Tips For The New Year** (these are free for reproduction). Readers/listeners/viewers can obtain free copies by sending an SAE to the address below, with a note asking for Single Again's Ten Tips.
- ◆ Single Again provides free information and advice on any aspect of single living to callers. All conversations are confidential. Our phone number is 0181 749 3745 (e-mail: mikehalson@aol.com).
- ◆ For information, comment or interviews, call Mike Halson at the above number or on 0468 814362 (fax 0171 224 4984).

Single Again – still on our own after four years

Single Again was set up four years ago to offer support, advice and practical information to anyone who is on their own, and especially those who are divorced, separated or bereaved. We are the UK's only organisation dedicated solely to helping all single people, of any age or background.

Single Again believes that every individual has the right to happiness and self-fulfilment. We aim to help people take positive steps towards meeting their own personal goals – whether they include finding a new partner or simply enjoying the freedom and opportunities of single living.

Single Again's services include:

- ◆ Leaflets filled with practical advice and information, including: Picking Up The Pieces After Break-up, Rebuilding Your Social Life, Legal and Financial Issues, Single Parenting and Solo Travel.
- ◆ *Single Again Newsletter* – a quarterly subscription-only magazine containing news and information along with feature articles, special offers, readers' letters and advertisements.
- ◆ The Single Again Club – a nationwide friendship club which enables members to find new friends and partners however and whenever they choose.

Membership details:

- ◆ Basic Membership (subscription to *Single Again Newsletter*) for one year costs £15.
- ◆ Full Membership (subscription to *Single Again Newsletter* plus club membership) for one year costs just £35. For an extra £30, people living in the London area are also entitled to attend our programme of social events, ranging from informal drinks evenings to meals out and visits to the theatre.

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