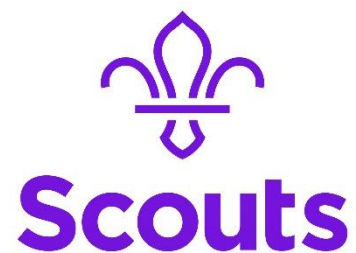


# Company and kindness



## Loneliness quiz

**1. How many adults often or always feel lonely?**

- A. 1 million
- B. 9 million
- C. 20 million

Answer: B, 9 million people; more than the population of London. Source: British Red Cross and Co-op

**2. What percentage of disabled people are lonely on a given day?**

- A. 20%
- B. 30%
- C. 50%

Answer: C, 50%. Source: Sense

**3. What percentage of carers have felt lonely or isolated as a result of looking after a loved one?**

- A. 12%
- B. 45%
- C. 80%

Answer: C, 80%. Source: Carers UK

**4. What percentage of migrants and refugees in London said loneliness was their biggest challenge?**

- A. 20%
- B. 58%
- C. 74%

Answer: B, 58%. Source: The forum

**5. How many people aged over 65 said television was their main form of company?**

- A. 3.6 million
- B. 5.3 million
- C. 8.4 million

Answer: A, 3.6 million. Source: Age UK

**6. What percentage of adults agreed they can take simple actions in their daily lives to help people who are lonely?**

- A. 20%
- B. 67%
- C. 81%

Answer: C, 81%. Source: British Red Cross and Co-op

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