

## Loneliness: Making a Difference Workshop

# Loneliness Awareness Week 2024

**FREE Workshop: Loneliness - Making A Difference**

**What  
can  
we  
do  
about  
loneliness?**

*In the Workshop we will...*

**Explore** the causes and impacts of loneliness.

**Share ideas** about how to create belonging.

**Meet others** who are passionate about making a difference in their community.

*Why come to a Workshop?*

Together we can have the greatest impact when we share an understanding of the challenges and a vision for the solution.

*Up-coming dates and locations...*

Monday 13th May 2024, 10 - 1pm, Clay Cross

Monday 10th June 2024, 10 - 1pm, Clay Cross

Tuesday 11th June 2024, 10 - 1pm, Chesterfield

Thursday 13th June 2024, 10 - 1pm, Dronfield

Visit [www.feelingconnected.org.uk](http://www.feelingconnected.org.uk) or scan here to find out more & book your place.



Feeling Connected celebrates, inspires and supports local initiatives that increase social connectedness and reduce loneliness and isolation. We are a **Derbyshire Voluntary Action** project, working across Chesterfield and NE Derbyshire, funded by our partners.



This workshop is all about taking a deeper look at the causes and impact of loneliness and what we can do about it. Together we can have the greatest impact when we share our understanding of the challenges and vision of the future

Thinking about organising something to bring people together where you live?

Already running a community group or activity?

Have a personal or professional interest in tackling loneliness and isolation?

**Mon 10th June - Clay Cross**

**Tue 11th June - Chesterfield**

**Thur 13th June - Dronfield**

- Develop a deeper understanding of the causes and impact of loneliness and isolation
- Explore and share ideas about how community initiatives create a sense of belonging, for ourselves and others
- Find out what's going on across Chesterfield and NE Derbyshire to help reduce loneliness and isolation including the support available for those who want to play an active role

***“It's helped me consolidate and share my own understanding and experience of loneliness, and that helps to challenge the typical stereotype of a 'lonely old person.’” Claire - Volunteer Organiser - Chesterfield ADHD Drop In Group***

Click the link to Book or find out more [feelingconnected.org.uk/workshops](https://feelingconnected.org.uk/workshops)

Free to attend. Booking required