



LONELINESS AWARENESS TRAINING

FREE 90 MINUTE ONLINE COURSE

OPEN TO ALL



Research shows that over 37,000 people across Leicestershire & Rutland have suffered some form of social isolation or loneliness within the last two years. So far this year, and due to the effects of the Covid-19 pandemic, it is widely recognised that this has increased dramatically with almost 1 in 4 of us experiencing the unwanted feelings and impact of loneliness over the last 6 months.

Just as anyone can feel lonely, anyone can take steps in their everyday life to reach out and help others in their local community suffering from loneliness. Our FREE Zoom based training sessions are designed to help you take action by:

- Explaining the common causes and effects of loneliness
- Talking through ways to reach out, connect and help others that may be experiencing loneliness
- Sharing useful links, tools and resources to help tackle loneliness

HELP END LONELINESS IN LEICESTERSHIRE & RUTLAND

10AM | 15.9.2020
REGISTER HERE

2PM | 18.9.2020
REGISTER HERE

2PM | 23.9.2020
REGISTER HERE

10AM | 1.10.2020
REGISTER HERE



Intouch is delivered by the Rural Community Council (Leicestershire & Rutland) with funding from the National Lottery Community Fund. The Rural Community Council is a registered charity (No 1077645).

ruralcc.org.uk/loneliness

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