intouch
LONELINESS AWARENESS TRAINING

FREE 90 MINUTE ONLINE COURSE
OPEN TO ALL

At least 37,000 people across the rural counties of Leicestershire & Rutland have regularly 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, this has increased dramatically with over 165,000 people across our counties (that's almost 1 in 4 of us) experiencing the unwanted feelings and impact of loneliness.

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
JOIN ONE OF OUR FREE ONLINE TRAINING SESSIONS

1PM - 2:30PM	WED 11TH NOV	**REGISTER HERE**
3PM - 4:30PM	TUE 17TH NOV	**REGISTER HERE**
11AM - 12:30PM	THU 26TH NOV	**REGISTER HERE**
3PM - 4:30PM	WED 2ND DEC	**REGISTER HERE**
1PM - 2:30PM	MON 7TH DEC	**REGISTER HERE**
10AM - 11:30AM	TUE 15TH DEC	**REGISTER HERE**

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COMMUNITY FUND