

# WORKSHOP SESSIONS TO HELP YOU EXPLORE LONELINESS IN YOUR NEIGHBOURHOOD

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These workshop sessions are included in our resource pack to assist you and your group, committee or team to explore loneliness and the issues you may come into contact with or experience. We hope these sessions will help you to discover what you can do to alleviate it for yourself or others.

The stigma of loneliness is such that in order to address it seriously you must first consider all aspects of it and feel able and comfortable talking about loneliness.

Many people see loneliness from another person's perspective or retrospectively. These sessions will support you and your group to explore them together, from a personal and professional perspective.

**Session One** introduces loneliness as a serious issue that affects many people. The exercise in this session helps us to acknowledge what we currently do to reduce loneliness personally and professionally, emphasising the need to look at where we live and work.

**Session Two** helps us explore how we perceive loneliness. The exercises help facilitate a discussion about all the different perceptions we get from looking at people and how we can tell if people are lonely if we do not talk about it ... leading on to next week.

**Session Three** “So let’s talk about loneliness.” This session gives the group a space to look at what the next question could be when trying to find out how people feel.

**Session Four** is about reducing the fear of asking the question, looking at what responses you may get and what can be done by you, by partners or by other organisations.

**Session Five** Stop, Look, and Listen for loneliness. Let’s build more on what you can do.

# Session One

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Time (mins)	One-hour session plan – introduction to loneliness	Notes for Session One
10	Arrive to set up room (room layout, flipchart and post-its etc.)	Ground rules for today: respect, listen, mobiles on silent, allowed to have fun, etc.
5	Hello and welcome	
10	Back in the beginning: Loneliness Film intro doc 1  <a href="http://www.youtube.com/watch?v=vVpzbCQHxKU&amp;feature=player_embedded">http://www.youtube.com/watch?v=vVpzbCQHxKU&amp;feature=player_embedded</a>	Show film to introduce loneliness as an important issue that has been researched. Explain that the community researchers filmed will raise a few perspectives on loneliness.
15	<b>Exercise one</b> Go round the group – ask people to introduce themselves by asking them to share, from a personal perspective, something they do to reduce loneliness or isolation. This can be someone else's loneliness or their own.	<b>Exercise one and two</b>  Facilitators – join in the exercise and share your examples.  You can change the order of the professional then personal examples if this works well with your group.
15	<b>Exercise two</b> Now ask people to introduce themselves professionally and share something they do to reduce loneliness or isolation – again someone else's or their own – in a professional capacity  Please leave today thinking about what else you could do to reduce loneliness.	<b>Quick evaluation</b> on flip chart and post-it notes on way out  What did you like about the session? What didn't you like? What might you do differently?
5	<b>Evaluation</b>	

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# Session Two

Time (mins)	One-hour session plan – introduction to loneliness	Notes for Session Two
10	Arrive to set up room (place photos around the room, set up evaluation questions)	Make sure room is laid out with space for standing in a line for the yes/no exercise later.
5	Hello and welcome. Reflections from last session	<p><b>Have at least 30 photos</b> printed off, of people of all ages, animals, groups of people, families, people alone or partying!</p>
5	<p><b>Exercise one</b> Ask the group to look at the photos placed around the room. Ask everyone to choose one or two images that they think 'look' lonely or which picture(s) encapsulates loneliness for them.</p>	You can join in the exercise and share/encourage discussion
20	Go round and ask group members to share why they chose that picture or pictures. Usually there is a bit of discussion about perceptions.	Put up YES and NO at different ends of the room and ask group to stand up and align themselves in response to questions.
15	<p><b>Exercise two</b> Ask Yes/No questions below: Do you think you can tell in person? Do you think you can tell over the phone? Do we want people to know if we are lonely...     ... in our personal life?     ... in our professional life?</p> <p>Thank everyone for being so open and sharing and encourage them all to go away with a lot to think about. Reflect how difficult it is to tell just by looking. So let's go out there and talk about loneliness.</p>	<p>Take answers from the different yes/no perspectives if there are any, or ask for reflections on where people are standing.</p> <p><b>Quick evaluation</b> on flip chart and post-it notes on way out</p> <p>What did you like about the session? What didn't you like? What might you do differently?</p>
5	Quick evaluation on way out	

# Session Three

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Time (mins)	One-hour session plan – introduction to loneliness	Notes for Session Three
5	Arrive to set up room	You will need flip chart and post-it notes.
5	Hello and welcome. Reflections from last two sessions – we have been looking at loneliness. Now let's look at how we start the conversation: what's the next question?	Ask members of the group to write down their 'next questions' on post-its and hand in.
10	So let's talk about loneliness.  What question would you ask if you thought someone was lonely or isolated? Or if you wanted to check if someone was at risk of loneliness?	Read out questions and ask people if they would respond to it positively or negatively.  This could be a group discussion or get them moving about one side of the room for positive or the other for negative, depending on your group and what you think they would respond to.
20	If you were asked this question how would you respond? Would you open up or wouldn't you?	
15	What were the good questions? Get the group to agree their next question.	<b>Quick evaluation</b> on flip chart and post-it notes on way out
5	Quick evaluation on way out	What did you like about the session? What didn't you like? What might you do differently?

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# Session Four

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Time (mins)	One-hour session plan – introduction to loneliness	Notes for Session Four
5	Arrive to set up room	You will need flip chart and post-it notes.
5	Hello and welcome. Reflections from last session	On flip charts ask the next question chosen during the last session.
10	<b>Exercise one</b> Imagine someone in the group has asked their next question. What responses do they think they will get? Write down on post-its.	All work to be put on post-its so it can be moved around.  Divide into small groups.
20	<b>Exercise two</b> Looking for solutions So what can you do? What can the group/organisation you're part of do? What can the neighbourhood do? What can specialist services do?	Take some of the responses and look for solutions. Place sticky note with response on it in centre of flip chart and write around it what can be done. Pose questions as prompts.
15	Feed back from smaller group to wider group	<b>Quick evaluation</b> on flip chart and post-it notes on way out
5	Quick evaluation on way out	What did you like about the session? What didn't you like? What might you do differently?

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# Session Five

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Time (mins)	One-hour session plan – introduction to loneliness	Notes for Session Five
5	Arrive to set up room	You will need flip chart and post-it notes.
10	Hello and welcome. Reflections from last sessions. Thank you for taking the time to Stop, Look, and Listen for loneliness	
5	Let's build more on what you can do.  <a href="http://www.youtube.com/watch?v=YARq5c2EcEo">http://www.youtube.com/watch?v=YARq5c2EcEo</a>	Let's look at what others did. Show Film 2.
20	In pairs, agree on one thing that they could do or could lead on to reduce loneliness where they live or work.  Consider the Who, What, Where, Why, When, How and (if applicable) How Much?	You could share the case studies booklet or 'Can do' guide at this point. Direct people to JRF/JRHT resource pack.
15	Feed back from pairs to wider group and agree three of those ideas to take forward	<b>Quick evaluation</b> on flip chart and post-it notes on way out
5	Quick evaluation on way out	What did you like about the session? What didn't you like? What might you do differently?

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Find out more about the JRF/JRHT Neighbourhood approaches to loneliness programme at:

<http://www.jrf.org.uk/work/workarea/neighbourhood-approaches-loneliness>

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