



Hello,

Welcome to 'A Little TLC' ... **Tackling Loneliness Collaborative's** 'useful community information!' – **10th October 2024.**

Please feel free to have a glance through the headlines or see further details further down.....

“It is time to prioritise mental health in the workplace“.

You may well have seen lots of information highlighting **World Mental Health Day** on 10th October with people supporting by wearing the colour green and raising awareness of resources and information.

It is also '**Hello Yellow Day**' to show young people they are not alone with their mental health.

- It's the re-launch of the [Mental Health Support Services For People In Nottinghamshire | NottAlone](#) website which provides support for children and adults with specially focused information and is a great resource.

There are some great resources around and here are a couple:

[World Mental Health Day 2024 - Mental Health UK \(mentalhealth-uk.org\)](#) [Work-related stress and how to manage it: stress risk assessment - HSE](#)

"It is time to prioritise mental health in the workplace".



 **Health and Safety
Executive**

Help us to improve the website - [give your feedback](#).

[Home](#) > [Topics](#) > [Stress and mental health at work](#)

Work-related stress and how to manage it

And finally, the **British Red Cross report exploring 'Loneliness at Work'**

<https://www.redcross.org.uk/about-us/what-we-do/we-speak-up-for-change/loneliness-at-work>

Headlines:

1. The Tackling Loneliness Conference – 12th November 2024 See details below including updates on our research presentations. Book your FREE place now! Email: Kirsty.veitch-sorsby@bcvs.org.uk
2. [Tackling Health Inequalities | Seven Priorities For The NHS | The King's Fund \(kingsfund.org.uk\)](#)
3. [Finding and engaging harder to reach older people about Pension Credit Tickets, Wed, Oct 23, 2024 at 1:00 PM | Eventbrite](#)
[Understanding and addressing barriers to participation through comms Tickets, Wed 6 Nov 2024 at 15:30 | Eventbrite](#)
4. [Tiger Community Cafe Tickets, Wed 16 Oct 2024 at 11:00 | Eventbrite](#)
5. [Workplace Wellbeing Workshop Tickets, Wed, Oct 16, 2024 at 2:00 PM | Eventbrite](#) North East Youth Alliance
6. [Anti Racism Awareness Training | Bassetlaw CVS \(bcvs.org.uk\)](#)

Many thanks, Kirsty
Tackling Loneliness Collaborative Lead

Find us on [Facebook](#) and 'X' ([Twitter](#))

Loneliness Page – [Tackling Loneliness Collaborative Nottingham and Nottinghamshire | Bassetlaw CVS \(bcvs.org.uk\)](#)

Research and Service Database - www.tlin.co.uk

Book a Meeting with me: <https://calendly.com/kirsty-veitch-sorsby/tlc-informal-meeting>

Items to follow:

1.

The Tackling Loneliness Conference – 12th November 2024 See details below including updates on our research presentations. Book your FREE place now! Email: Kirsty.veitch-sorsby@bcvs.org.uk

- Research Presentation Update Below:



With research, information and networking opportunities. With a market place information sharing area. Includes refreshments and lunch.

“Putting loneliness on the map in Nottingham and Nottinghamshire – Tackling Loneliness Collaborative”.

This is the first conference for the TLC and is an opportunity to show case activity, the TLC and progress. The conference will aim to bring together our professional's network of TLC members and the wider health & social care community across Nottingham and Nottinghamshire. The conference will

focus on loneliness, the widest determinants of it, and will aim to join the dots of what our communities, towns, and cities are doing to reach out and making a difference to tackle loneliness, and the impacts it has on individuals and our communities.

We are thrilled to have:

Manuela Barreto, Professor of Social and Organizational Psychology from the University of Exeter presenting: 'Beyond "at risk groups": Loneliness inequalities and social exclusion'

'Work on loneliness frequently refers to groups "at risk of loneliness" or even to groups "vulnerable to loneliness". While this is sometimes done to draw attention to the particularly dire situation of individuals who belong to some social groups, it is seldom taken further to an in-depth exploration of what causes this situation, or how it can be addressed. Moreover, such expressions suggest there is something about the group that causes their loneliness—which makes them especially vulnerable or at risk—which contributes both to stigmatizing these groups and to stigmatizing loneliness. Instead, in this presentation I will outline the existence of loneliness inequalities and argue that this is caused not by factors inherent to specific social groups but by social exclusion processes operating between individuals and within social systems.'

followed by:

Clifford Stevenson, Professor of Social Psychology and Director of Psychological Research at Nottingham Trent University presenting: 'Why Place Matters for Loneliness'

'Loneliness, like other health inequalities, varies by locality with areas of high deprivation often also being areas of high concentrations of loneliness. As a result, the places in which residents have the highest levels of perceived social isolation are often those with fewest assets and resources to help address their loneliness. This talk will report some findings from a recent NTU research project which examined the causes and consequences of loneliness across Mid-Notts and investigated how place-based approaches to understanding and tackling loneliness can help.'

It promises to be a really useful, thought provoking day! **Places are booking up, so if you are wishing to attend please email: Kirsty.veitch-sorsby@bcvs.org.uk**

2.

[Tackling Health Inequalities | Seven Priorities For The NHS | The King's Fund \(kingsfund.org.uk\)](https://www.kingsfund.org.uk)



3. A couple of useful webinars:

[Finding and engaging harder to reach older people about Pension Credit Tickets, Wed, Oct 23, 2024 at 1:00 PM | Eventbrite](#)

Wednesday, October 23

Finding and engaging harder to reach older people about Pension Credit

Following the recent change in entitlement to winter fuel payments, there is a renewed urgency to find and engage the estimated 850,000 households (source gov.uk), that are entitled to Pension Credit and with it the Winter Fuel Allowance.

However, many of the older people we would most like to reach with information about Pension Credit, we are not in contact with, or may be reluctant to engage with formal services and support. They are often the people 'no-one knows' or who are hidden within their communities. The older person's own preconceptions around what it means to be identified as a 'vulnerable person' or someone in need of support, alongside literacy, digital exclusion, cultural and language barriers, can also present additional barriers to engagement.

Join the session for quick wins and to learn pick-up-and-use tools and techniques, from a successful proactive outreach approach to finding and engaging harder to reach older people, including:



The Good Practice Mentor Team

[Understanding and addressing barriers to participation through comms Tickets, Wed 6 Nov 2024 at 15:30 | Eventbrite](#)

Wednesday, 6 November

Understanding and addressing barriers to participation through comms

4.

[Tiger Community Cafe Tickets, Wed 16 Oct 2024 at 11:00 | Eventbrite](#)



Tiger Community Cafe

Visit us on Wednesdays at All Souls Church & Community Centre for a cuppa and food in our café

5.

[Workplace Wellbeing Workshop Tickets, Wed, Oct 16, 2024 at 2:00 PM | Eventbrite](#)

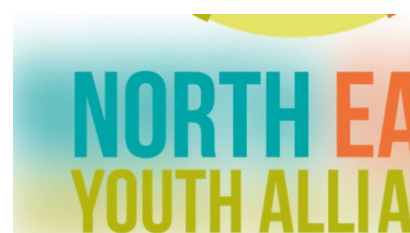
LOOKING TO BOOST WELLBEING IN YOUR
WORKPLACE?

Join us on for an engaging and insightful virtual workshop

- guest speakers from Gateshead Talking Therapies
- explore barriers and solutions to workplace wellbeing
- participate in interactive activities

You'll walk away with valuable tips, resources, and practical solutions for a healthier and more balanced work environment.

This event is part of the Youth and Culture Collaboration programme, funded by Arts Council England via Tyne & Wear Archives and Museums. This programme aims to build stronger links and relationships between the youth and cultural sector.



6.

[Anti Racism Awareness Training | Bassetlaw CVS \(bcvs.org.uk\)](https://www.bcv.org.uk)

Anti Racism Awareness Training



Thursday 7th November

1:00pm - 4:00pm at Bassetlaw Community
and Voluntary Service

Calling all Voluntary & Community Sector Partners

Are you interested in learning more about Anti -Racism?

Including:

- Understanding the difference between being not Racist and Anti-Racist
- Creating authentic & visibly inclusive organisation culture
- Embedding principles of Anti- Racism
- Building organisational Confidence

Cost: Free to BCVS members - Not a member?

Sign up here:

<https://www.bcv.org.uk/applyformembership>



BOOK HERE



Limited Spaces please book
online to secure your place



The Old Abbey School, Priorswell Road,
Worksop, S80 2BU

