

Welcome to 'A Little TLC' ... **Tackling Loneliness Collaborative's** 'useful community information!' – **31st January 2025.**

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

TLC Update:

The TLC Website – thank you to everyone who has contributed so far!

Content is being added (almost done for the soft launch), the website is evolving and will be 'live' soon.

The hosting and analytics are nearly sorted.

If you've expressed interest in trying out the website, I'll be able to send out a draft version.

If you have any stories or photos too – please continue to send them in to me.

I've had a variety sent through and would really appreciate a mixture.



The Friendly Connector – again, thank you to everyone that has commented and is keen to support this signposting model.

This will be piloted before being rolled out. As it is linked to the TLC website this will be launched in pilot form soon!

Meetings:

The next 'Little TLC Catch Up!' informal drop in meeting will take place on:

Tuesday 4th February – 12:30pm–1:00pm [Join the 'A Little TLC Catch Up!' meeting](#)

Meeting ID: 373 290 047 363 Passcode: Pt9pB7Hh **It's a chance to catch up and share items in a friendly way.**

The next full TLC meeting will take place on: **Tuesday 11th March – 9:30-11am.** [Click here to join the TLC meeting](#)

Meeting ID: 336 531 989

505 Passcode: QZpdbm

An agenda will be sent out before – if you would like a space on the agenda to share what you are doing - please get in touch.

TLC Conference Link to Slides: [TLC Conference | Bassetlaw CVS](#)

Headlines:

1. [Verity Cowley - 21/01/2025 - BBC Sounds](#) – **Ey Up Eastwood! – BBC Radio Nottingham - Positive Focus on Loneliness Radio Show, some great projects and information – available until mid February**
2. **Mind - *The Big Mental Health Survey* - https://bigmentalhealthsurvey.co.uk/?utm_source=instagram...**
3. **Action for Happiness Calendar – February tips - <https://actionforhappiness.org/calendar> See calendar image below**
4. <https://www.england.nhs.uk/long-read/2025-26-priorities-and-operational-planning-guidance/> - **published Jan 30th 2025**
5. [Tiger Community Cafe Tickets, Wed 19 Feb 2025 at 11:00 | Eventbrite](#)
6. **Adult Social Care Drop in Sessions – Nottinghamshire County Council - see poster below**
7. [A Podcasting Exploration of Retford's Natural Beauty - Retford Library - Adult Learning | Inspire - Culture, Learning, Libraries Events | Inspire - Culture, Learning, Libraries](#)
8. [The Good Practice Mentor Offer - taster session Tickets, Tue 4 Feb 2025 at 11:00 | Eventbrite](#)
9. **Intergenerational Activity Class – Eastwood House – see poster below**
10. <https://www.ntu.ac.uk/about-us/events/events/2025/2/free-lunchtime-concert>
11. [Become a Dementia Friend \(1:00pm 22nd May\) Tickets, Thu 22 May 2025 at 13:00 | Eventbrite](#)
12. [Listening Skills, 1 Day Workshop, Balderton Safer Streets Tickets, Fri 7 Feb 2025 at 09:30 | Eventbrite](#)

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>

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Items to follow:

1.

Ey Up Eastwood! [Verity Cowley - 21/01/2025 - BBC Sounds](#)



SOUNDS

If you were unable to listen to this breakfast show, please do [click here to access show](#), available until mid February.

There are so many positive groups, activities and stories in Eastwood, it is really great to hear about it!

2.



[Mind](#)

***We're fighting to change the mental health system to make sure it works.
For you. For everyone.***

The Big Mental Health Survey is your chance to speak up about how mental health is affecting you, right now. What you say could go on to push for better laws, build better services and create a mental health system that works.

We want to hear from anyone 16+ who's used mental health support services and digital based apps/platforms in the past 12 months. By telling us your mental health experiences today, you'll be pushing for a better mental health system tomorrow.

Use your voice now and fill out the survey  -

https://bigmentalhealthsurvey.co.uk/?utm_source=instagram...

3.

Friendly February 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
						
3 Do an act of kindness to make life easier for someone	4 Invite a friend over for a 'tea break' (in person or virtual)	5 Make time to have a friendly chat with a neighbour	6 Get back in touch with an old friend you've not seen for a while	7 Show an active interest by asking questions when talking to others	8 Share what you're feeling with someone you really trust	9 Thank someone and tell them how they made a difference for you
10 Look for good in others, particularly when you feel frustrated with them	11 Send an encouraging note to someone who needs a boost	12 Focus on being kind rather than being right	13 Smile at the people you see and brighten their day	14 Tell a loved one or friend why they are special to you	15 Support a local business with a positive online review or friendly message	16 Check in on someone who may be struggling and offer to help
17 Appreciate the good qualities of someone in your life	18 Respond kindly to everyone you talk to today, including yourself	19 Share something you find inspiring, helpful or amusing	20 Make a plan to connect with others and do something fun	21 Really listen to what people say, without judging them	22 Give sincere compliments to people you talk to today	23 Be gentle with someone who you feel inclined to criticise
24 Tell a loved one about the strengths that you see in them	25 Thank three people you feel grateful to and tell them why	26 Make uninterrupted time for your loved ones	27 Call a friend to catch up and really listen to them	28 Give positive comments to as many people as possible today		

ACTION FOR HAPPINESS **Happier · Kinder · Together**

4.

<https://www.england.nhs.uk/long-read/2025-26-priorities-and-operational-planning-guidance/>

Published 30th Jan 2025



5.

[Tiger Community Cafe Tickets, Wed 19 Feb 2025 at 11:00 | Eventbrite](#)

TIGER CAFE

EVERY WEDNESDAY 11AM - 3PM

Tiger Community Cafe

4 upcoming events

Everyone is welcome to our Wednesday Warm Space. Free activities, community priced refreshments. Get out the house, make some new friends, keep warm.

[Tiger Community Cafe by Tiger Community Enterprise CIC | Eventbrite](#)

6.



Adult Social Care
DROP-IN SESSIONS

Are you looking for advice or information on Adult Social Care?

We know that it can be difficult to access advice and information about Adult Social Care and the support available in your area. In response to your feedback, we are running monthly drop-in sessions where you can find out how you can live independently and safely in your community.

We can help you with information on:

- wellbeing and independence
- community activities and day opportunities
- mobility equipment and technology enabled care
- information on local support services
- finding a care home

Sessions will take place at Worksop Library from 10am-4pm on:

- Tuesday 14 January 2025
- Tuesday 11 February 2025
- Tuesday 11 March 2025

No need to book, just drop in and speak to one of our friendly team.



Nottinghamshire County Council

7.

A Podcasting Exploration of Retford's Natural Beauty

In this one-off session, we'll explore Retford's top outdoor spots, discuss the impact of nature on our health and share easy, practical tips for connecting with the outdoors. You'll learn the basics of recording and create a group podcast.

FREE / £7

**Tuesday 18 February | 10am - 12pm
Retford Library**

Nature in our Town: Discovery Walks from Retford Library

Explore a local nature site, led by an expert guide. Discover ecosystems and wonder at the living world as you walk in Retford's habitats.

FREE Book on

**Saturday 25 January, Monday 17
February, Monday 17 March |
10:30pm - 12:30pm
Retford Library**

[A Podcasting Exploration of Retford's Natural Beauty - Retford Library - Adult Learning | Inspire - Culture, Learning, Libraries](#)

8.

[The Good Practice Mentor Offer - taster session Tickets, Tue 4 Feb 2025 at 11:00 | Eventbrite](#)



The Good Practice Mentor (GPM) programme is a new and innovative project that brings together legacy, learning and resources from Ageing Better, a seven year Test & Learn project that worked to reduce social isolation and loneliness in people aged over 50, and engaged more than 150,000 people in over 366 projects.

What the Good Practice Mentors can offer:-

Bespoke and tailored work with your organisation to address specific challenges to engaging with your communities. Taster sessions, existing and bespoke training. Co-design support, a listening ear and support to develop your ideas and empower you to share learning and ideas with others.

Our overall aim is to deliver solutions to the problems you might be experiencing when working with the community, and connecting you with the right people and support to suit your needs.

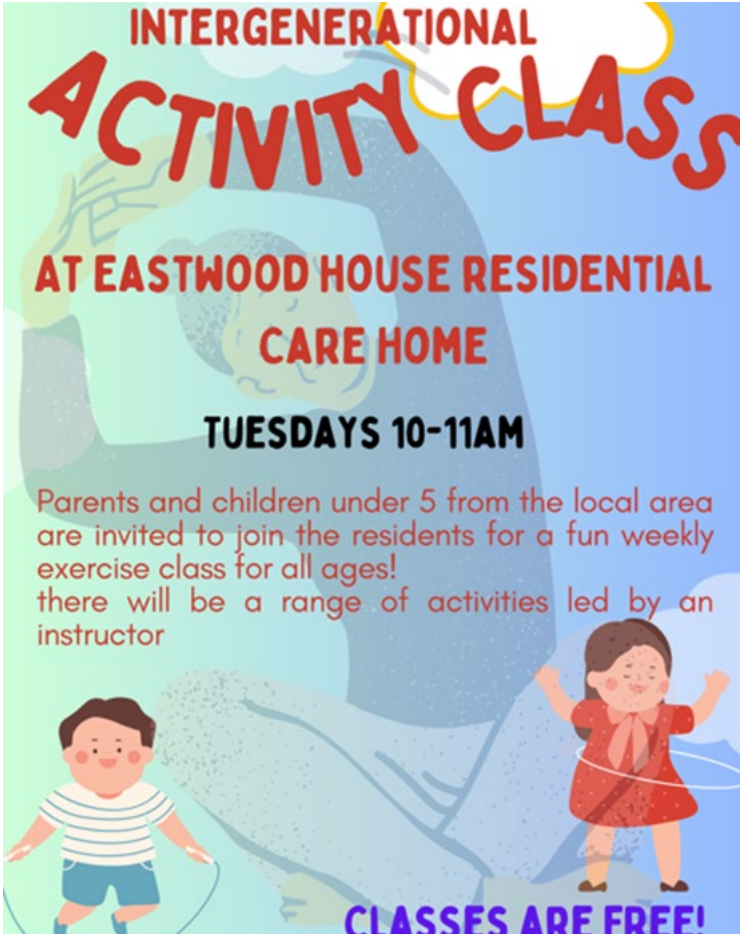
9.

**INTERGENERATIONAL
ACTIVITY CLASSES**

**AT EASTWOOD HOUSE RESIDENTIAL
CARE HOME**

TUESDAYS 10-11AM

Parents and children under 5 from the local area are invited to join the residents for a fun weekly exercise class for all ages! there will be a range of activities led by an instructor



CLASSES ARE FREE!

CONTACT: INSTRUCTOR AMY 07985 620212
EASTWOOD HOUSE RESIDENTIAL HOME, 24 CHURCH STREET, NG16 3HS

10.



<https://www.ntu.ac.uk/about-us/events/events/2025/2/free-lunchtime-concert>

Free Lunchtime Concert



Concerts | Open to all | Performances

Take a break from work, study or shopping and enjoy one of our free lunchtime concerts. From vocal to instrumental, classical to folk and jazz, enjoy performances from our talented students in a relaxed setting.



From: Wednesday 5 February 2025, 1 pm
To: Wednesday 5 February 2025, 1.30 pm
Location: University Hall, NTU City Campus, 48 Shakespeare Street, Nottingham, NG1 4FQ
Cost: Free
[Download this event to your calendar](#)

11.

Become a Dementia Friend (1:00pm 22nd May) Edwalton Manor Care Home

Landmere Lane Edwalton NG12 4DG



[Become a Dementia Friend \(1:00pm 22nd May\) Tickets, Thu 22 May 2025 at 13:00 | Eventbrite](#)

12.

[Listening Skills, 1 Day Workshop, Balderton Safer Streets Tickets, Fri 7 Feb 2025 at 09:30 | Eventbrite](#)

