

Welcome to 'A Little TLC' ... Tackling Loneliness Collaborative's 'useful community information!' – 27th March 2025

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

TLC Update:

We've been busy making links with EMCCA – East Midlands Combined County Authority, The More in Common Nottingham Together Partnership and The Loneliness Policy Action Group – led by the Jo Cox Foundation. Details will follow in the wider TLC meetings or please get in touch. kirsty.veitch-sorsby@bcvs.org.uk

Also, we have connected with the Campaign to End Loneliness and the Centre for Loneliness Studies at Sheffield Hallam University.

DCMS – The Department for Digital, Culture, Media and Sport. How to measure loneliness – this is being reviewed with new measurements potentially later in the year. I was part of a conversation about the current wellbeing measurements which can feel quite negative.

DCMS – Civil Society Covenant – the Government want to harness trust and expertise. The Covenant should be finalized in Spring when an interim report will be available. [Civil Society Covenant Framework launch - GOV.UK](#)

National Youth Strategy – the vision for young people and action plan [New National Youth Strategy to break down barriers to opportunity for young people - GOV.UK](#)

Youth Loneliness Conference attendance at the Royal Danish Embassy in London in March

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It was a joint conference with presentations from people representing Denmark and the UK. I attended and forged great relationships. Slides from the event will be sent through soon. Here are a few key points:

- ✚ Finland and Denmark are the ‘happiest nations’. Still youth loneliness exists.
- ✚ One thought is that these countries have modest expectations – children are encouraged to ‘make your best effort’ and be happy with what they have.
- ✚ They use a holistic approach such as mentoring, peer support and local campaigns.
- ✚ In the UK we have a ‘connected society’ approach and have appointed a ‘Loneliness Minister’ so seen it as a national challenge.

‘Loneliness can be a good thing – if it motivates someone to do something about it.’



Antonia Ypsilanti & Andrea Wigfield – Directors from The Campaign to End Loneliness



Kirsty outside the Embassy



The Friendly Connector – we are working with Nottingham Trent University to look at how we lightly monitor and evaluate this. We are starting with the Ashfield area, then Bassetlaw

and then Clifton, so 3 very different areas. This links into the TLC website which now contains funding information and is having the membership section built.

★ ★ Loneliness Awareness Week is 9th to 15th June (it's a busy month!) ★ ★ The Theme is "Meeting Loneliness Together," aiming to reduce stigma and encourage collective action to combat loneliness.

★ ★ The Jo Cox Inspired 'Great Get Together' is 20th-22nd June ★ ★

Meetings:

The next 'Little TLC Catch Up!' informal drop in meeting will take place on: Friday 4th April – 12:00pm-12:30pm [Join the 'Little TLC Catch Up!' meeting](#)

Meeting ID: 363 823 986 954 Passcode: Yj7gk6sn On MS Teams. **It's a chance to catch up and share items in a friendly way.**

The next full TLC meeting will take place on: Tuesday 13th May – 9:30-11am. [Click here to join the May wider 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. [Stress and Wellbeing Workshop Tickets, Thu, Apr 10, 2025 at 3:30 PM | Eventbrite](#) – Free Workshop with the Wolfpack Project
2. Arthritis Action resources – see below
3. <https://www.bbc.co.uk/programmes/articles/3M4QTQxVtH3z7nbyZiDDS4p/make-a-difference-awards> - Nominate before the closing date - 5pm on Monday 31st March

4. *Funding Opportunities – descriptions below - <https://www.alberthuntrust.org.uk/> and <https://doilycartecharitabletrust.org/>
5. [Resetting Communal Spaces in Housing Settings for Residents Tickets, Thu, Apr 10, 2025 at 3:00 PM | Eventbrite](#) – Free Good Practice Mentors workshop
6. <https://www.ashfieldvoluntaryaction.org.uk/whats-on/2025/02/25/tuesdays-together/>
7. Action for Happiness – Active April Calendar – see below for some simple ideas - <https://actionforhappiness.org/active-april#download-block-anchor>
8. Walk Notts Festival Poster – See below <https://walknotts.org.uk/>

Many thanks for reading – it’s a lot of information!

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.

Workshop

Stress and Wellbeing Workshop

Learn life skills to support your well-being

We know that stress can impact us at any time, so we hope this will give you some information and tools for you to take with you into any situation.

We will cover things such as: what stress is and how to spot it and some methods we use to manage stress.

For queries: hello@thewolfpackproject.org.uk



Date: 10/4/2025

Online Event

Register Now →

[Stress and Wellbeing Workshop Tickets, Thu, Apr 10, 2025 at 3:30 PM | Eventbrite](#)

2.



Do you live with arthritis? Or do you know someone who does?

At Arthritis Action, we aim to educate, empower, and support those affected by arthritis through our self-management approach. As a charity, we offer free resources and online events such as webinars, podcasts and courses. We encourage you to attend our regular [online groups](#) which provide a space to share your experiences, advice and chat with others who live with arthritis.

You can find our resources and more about how we can help here -

<https://www.arthritisaction.org.uk/>

We also provide presentations to the community on managing arthritis as well as staff awareness training. For more information on these please reach out to our Midlands Coordinator at kajal@arthritisaction.org.uk.

3.

<https://www.bbc.co.uk/programmes/articles/3M4QTQxVtH3z7nbyZjDDS4p/make-a-difference-awards>

4.

****Funding Information****

1. Albert Hunt Trust

They intend to spend up and close the trust by 2029

The Albert Hunt Trust provides core funding to registered charities that are working in the health and welfare sector, specifically:

hospice care – grants to support the running costs of hospices are typically in the range of £10,000 to £30,000.

support for the homeless – typical core funding grant sizes range from £4,000 to £7,000. This is for organisations with a total annual income of below £1m.

promoting health and well-being – this is for small organisations (total annual income below £150,000) and covers areas such as family support, counselling services, suicide prevention, support for carers, cancer support, prisoner rehabilitation, community centres, food banks and debt advice. Typical grant sizes range from £1,000 to £5,000.

Grants can be provided for core funding (including staff costs) and ongoing running costs for specific projects.

Focus of fund/fund aims:

Grants for registered charities in the health and welfare sector

Application deadline:

Apply at any time

Fund description:

<https://www.alberthunttrust.org.uk/>

2. D'Oyly Carte Charitable Trust

The D'Oyly Carte Charitable Trust considers applications from UK registered charities that are seeking funding towards core costs or projects in the UK in the following areas:

Advancement of the arts: access and participation in the arts with an emphasis on choirs and singing to bring people together, performance arts, music and drama projects for young people

Health and medical welfare: music and art therapy, alleviating suffering for people with medical conditions, support for carers particularly young carers

Environmental protection or improvement: social and therapeutic horticulture to support mental wellbeing, environmental activities for people with disabilities, conservation activities that provide positive changes for young people at the margins of society, rural crafts and skills in heritage conservation

Grants are revenue only and are usually in the range £500 to £6,000.

Focus of fund/fund aims:

Small grants for the arts, medical welfare and the environment

Application deadline:

The next deadline is 3 June 2025

Fund description:

<https://doilycartecharitabletrust.org/>

5. [Resetting Communal Spaces in Housing Settings for Residents Tickets, Thu, Apr 10, 2025 at 3:00 PM | Eventbrite](#)

Communal spaces can include everything from residents' rooms to gardens and informal seating areas. They are often well used by the small groups of residents we identify as 'the usual faces', but less likely to be visited by the people we most hope to engage and bring together.

During this workshop session you'll hear about:

- Common 'it's not for me' barriers and preconceptions about activities held in communal spaces.
- Practical strategies to reset preconceptions and address barriers including creating informal feeling pop-up events, comms and engagement strategies to bring residents together.
- Asking the right questions to capture insight and ideas from residents who are not necessarily thinking in terms of formal groups and opportunities.
- Resetting the power balance - enabling residents to make the most of their communal spaces for social connection and resident run activities.

During the session there will also be opportunities to discuss your own experiences, challenges and successes around resident engagement with peers.

For more information on the Good Practice Mentors -

<https://www.syha.co.uk/wellbeing/improve-your-wellbeing/good-practice-mentors/>

6.



Tuesdays Together

In Willets Court Community Centre,
Leamington, NG17 5EB

Every Tuesday 10am to 2pm

Ashfield Voluntary Action offer:

- ~ Signposting to other services
- ~ Information
- ~ Support
- ~ As well as:

A hot drink, weekly quizzes and games, a book and puzzle swap, and lots of friendship and laughter!

Regular attendance from:

- ~ NCC Benefits Team
- ~ Citizens Advice Bureau
- ~ Talking Therapies

Everyone welcome!

Contact Yvonne at
y.hudson@ashfieldvoluntaryaction.org
.uk
or call 01623 555 551 for more info

Supported by:




<https://www.ashfieldvoluntaryaction.org.uk/whats-on/2025/02/25/tuesdays-together/>

7.

<https://actionforhappiness.org/active-april#download-block-anchor>

Active April 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
 1 Commit to being more active this month, starting today	2 Spend as much time as possible outdoors today	3 Listen to your body and be grateful for what it can do	4 Eat healthy and natural food today and drink lots of water	5 Turn a regular activity into a playful game today	6 Do a body-scan meditation and really notice how your body feels	
7 Get natural light early in the day. Dim the lights in the evening	8 Give your body a boost by laughing or making someone laugh	9 Turn your housework or chores into a fun form of exercise	10 Have a day with less screen time and more movement	11 Set yourself an exercise goal or sign up to an activity challenge	12 Move as much as possible, even if you're stuck inside	13 Make sleep a priority and go to bed in good time
14 Relax your body & mind with yoga, tai chi or meditation	15 Get active by singing today (even if you think you can't sing!)	16 Go exploring around your local area and notice new things	17 Be active outside. Plant some seeds and encourage growth	18 Try out a new exercise, activity or dance class	19 Spend less time sitting today. Get up and move more often	20 Focus on 'eating a rainbow' of multi-coloured vegetables today
21 Regularly pause to stretch and breathe during the day	22 Enjoy moving to your favourite music. Really go for it	23 Go out and do an errand for a loved one or neighbour	24 Get active in nature. Feed the birds or go wildlife-spotting	25 Have a 'no screens' night and take time to recharge yourself	26 Take an extra break in your day and walk outside for 15 minutes	27 Find a fun exercise to do while waiting for the kettle to boil
 28 Meet a friend outside for a walk and a chat	29 Become an activist for a cause you really believe in	30 Make time to run, swim, dance, cycle or stretch today				

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

8.

walk notts festival

01-31 May

Listen up Notts!

May is National Walking Month, let's get walking and wheeling

To find walking groups or walk ideas near you visit the website www.walknotts.org.uk

Contact info@walknotts.org.uk for support and guidance to get your club or community group walking and wheeling in May

Walking and Wheeling Ideas:

- **Step Challenges**
- **Walk or Wheel to Work**
- **Heritage Walks**
- **Nordic Walking**
- **Litterpicking**
- **Walk to School Week**
19-23 May

• Download apps to help you explore - [Komoot](#) - [Go Jauntly](#) - [GreenSpace NC](#)



BINGO!

How many of these can you do in May?

What can you hear?
Listen to the birds, cars, trees

Animal Spotting
What animals can you spot?

Find a stick
What is it? A magic wand, a broomstick, a walking stick...?

Puddle Splashing
Go out in the rain and splash in the puddles

Walk or wheel to School / work
What do you see, smell or hear along the way?

Musical
Find a soundtrack to walk to or sing your favorite song outside

Step Challenge
How many steps can you do? - Why not compete with friends?

Colours
What three colours can you see?

Picnic
Walk or wheel to a nearby park or green area and enjoy a snack together

Buggy Walk
Go on a Buggy walk with family, friends or neighbours

Teddy Toddle
Take your favourite toy for a walk or wheel

GeoCache
Download the Geocaching app to find hidden treasure in your area

it's all about wheeling as well as walking, and inclusive to all

Wheeling is an alternative to walking, with people using wheeled aids to help them move eg rollators, wheelchairs, buggies, push scooters

info@walknotts.org.uk www.walknotts.org.uk [#nottswalkingfestival](https://www.instagram.com/nottswalkingfestival)



<https://walknotts.org.uk/>

I do hope it's been useful to read some of what's happening across Nottingham and Nottinghamshire... and beyond. *(I do attempt to fit in what I can but I can't quite include everything!)*

I put in what I come across or what I am sent – so it can be a very random mixture. Some items may just give you ideas, or may raise awareness. I do of course check links for accuracy, but please find out for yourself if something is suitable for you.

Please keep sharing information so we can continue to raise awareness of some fabulous activities across Nottingham and Nottinghamshire!

Thank you so much for taking the time to read this information! Please get in touch if you would like to. 😊