



Mental Health Awareness Week

9 - 15 May 2022

Together we can tackle loneliness

#IveBeenThere

The Tackling Loneliness Collaborative Nottingham and Nottinghamshire encourages you to connect with those around you ahead of Mental Health Awareness Week

This year's Mental Health Awareness Week runs from 9th to 15th May 2022.

The Tackling Loneliness Collaborative Nottingham and Nottinghamshire have been working hard to combat loneliness in Nottinghamshire by working together as a result of a recent study on loneliness by Nottingham Trent University, which has been commissioned to support the collaborative.

Because the official theme for mental health awareness week 2022 is 'loneliness' the collaborative encourages you to use this opportunity to build meaningful connections with your friends, family, colleagues and communities.

Mark Rowland Chief Executive of the Mental Health Foundation said:

"We hope this year's theme of loneliness will strike a chord with many of us who felt lonely and struggled throughout the Covid pandemic. Loneliness deserves more attention and we're calling on everyone who has struggled as a result of being lonely to share their experiences. We must work together - as individuals, as a society and through government policy - to reduce loneliness and prevent mental health problems by investing in welcoming, social spaces and new community initiatives."

As part of this, the Tackling Loneliness Collaborative in Nottingham and Nottinghamshire are launching their Twitter account @TLCNotts and Facebook page in advance of the findings of the Nottingham Trent University loneliness research study, which is due to be released at an event in June.

The studies focused on: developing a greater understanding of loneliness experiences and needs within Nottingham and Nottinghamshire, assessing the services and resources available to support loneliness within Nottingham and Nottinghamshire and exploring the impact of service engagement and the social predictors of loneliness and loneliness reduction.

Kirsty Veitch-Sorsby, Tackling Loneliness Collaborative Lead, based at Bassetlaw Community and Voluntary Service said:

“We are working together to build diverse partnerships to that will enable us to reduce loneliness and feelings of isolation. We are mapping out resources and groups and helping to understand the issues related to loneliness in our area, and gather ideas on how we can tackle this together.

Our Collaborative involves representatives from health, social care, voluntary and community organisations, volunteers and local communities. We meet online monthly. Our future discussions will be around taking action on the findings of the research. We champion local events and work with national organisations looking at ‘what works well’.

Please help to make Nottinghamshire socially connected - we value your input and support”.

For more information about this year’s Mental Health Awareness Week visit mentalhealth.org.uk/mhaw or join the conversation on social media using #IveBeenThere and #MentalHealthAwarenessWeek

To get involved in the Collaborative and share information and ideas, please email Kirsty Veitch-Sorsby, Tackling Loneliness Collaborative Lead, based at Bassetlaw Community and Voluntary Service at: Kirsty.veitch-sorsby@bcvs.org.uk or call 01909 476118 or call/text: 07706 347518.

Connect with the Tackling Loneliness Collaborative Nottingham and Nottinghamshire on Facebook

and Twitter 

Notes to editor:

Assest file from Mental Health Foundation - <https://www.mentalhealth.org.uk/campaigns/mental-health-awareness-week/resources>