

AN INTRODUCTION TO LONELINESS AND ISOLATION EXPERIENCED BY OLDER PEOPLE



These **HALF DAY** and **ONE DAY** interactive training courses are aimed at staff and volunteers, in healthcare and non-healthcare roles, who are directly engaging with older people in the Belfast Trust area

THIS COURSE IS FREE TO ATTEND

The course content will explain what is meant by

- Loneliness and social isolation
- Why it is important to address loneliness
- What are the common causes of loneliness, triggers and effects of loneliness
- Where to find support including useful information and links

To express your interest in attending one of these courses, **CLICK THE LINK BELOW & COMPLETE THE SURVEY.** You will then receive a follow up email instructing if you have been offered a place or not.

[click here](#)

The loneliness and social isolation training gave me a much greater understanding of the issues affecting older people, but also the opportunity to network with other professionals and share experiences from our different fields of work.

(Joanna Holland, Age Friendly Coordinator)

Places are limited, so please submit your expression of interest by **Wednesday 8 November 2023**

Any questions, please call Kerri McCarry on **028 9504 5257**

HALF DAY COURSES

Delivered Online

1 Wednesday 15 Nov 2023 1pm - 5pm

FULL DAY COURSES

Delivered Online

1 Wednesday 22 Nov 2023 9.30am - 4pm

Delivered face to face / in person

2 Wednesday 29 Nov 2023 9.30am - 4pm
Springfield Charitable Association

3 Thursday 30 Nov 2023 9.30am - 4pm
Girdwood Community Hub