

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

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

Places are limited, so please complete the registration as soon as possible

Any questions, please email Bhavana/Ben health.improvement@belfasttrust.hscni.net



[Click here](#) or scan the QR code

Full day Courses

Delivered at Inverary Community Centre

1. Monday 13th January 2025
9.30am - 4:00pm
2. Monday 3rd March 2025
9.30am - 4:00pm

Half day courses

Delivered Virtually

1. Monday 27th January 2025
9.30am - 1.30pm
2. Monday 10th March 2025
9.30am - 1.30pm