

AN INTRODUCTION TO LONELINESS AND ISOLATION EXPERIENCED BY OLDER PEOPLE

These **FULL DAY** and **HALF 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.

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)



THIS COURSE IS FREE TO ATTEND

[Click here](#) or scan QR code
to register interest



Any questions, please email
Kerri.McCarry@belfasttrust.hscni.net
or call **028 9504 5257**

COURSES

HALF DAY TRAINING: SESSIONS 1 & 2

Delivered in person at: Inverary Community Centre

SESSION 1: Tuesday 13 October 2026
9.30am - 1pm

SESSION 2: Tuesday 20 October 2026
9.30am - 1pm

FULL DAY TRAINING

Delivered in person at: Girdwood Community Hub

Thursday 12 November 2026
9.30am - 4.30pm