



Thriving Communities Project.

Thriving Communities

Our Thriving Communities project can offer people a range of activities and support either in person, over the phone or online:

- Weekly check in and chat calls to act as a friendly voice to listen, chat about interests and offer any support.
- Virtual and physical check in and chat group sessions (COVID Safe) for individuals to make friend, share emotions/feelings/ideas/create mutual support networks.
- Small CBT and Positive Psychology group-based support sessions.
- Loneliness workshops, for individuals or professionals.
- Information around Group and Community Initiatives.



Weekly check in and chat.

A individual will receive 6 weeks 1-1 support via telephone/face to face based on the person needs.

This will consist of a weekly phone call to support the person and enable them to build a relationship with their volunteer listener

The aim of these sessions is to build the persons confidence in moving towards accessing group support.

This could include:

Goal setting

Emotional support

Building confidence/self-esteem

Alleviate feelings of isolation and loneliness.

Check in and chat weekly meeting.

This service is for people moving on from the one-to-one sessions or those who may not require in depth one to one support:

- People accessing this service will started to feel more confident and want to move towards a group situation.
- They will have started to feel more confident and want to meet and talk about how they are feeling with others in a confidential space with like-minded people.
- They can make friends and start to build a support network for themselves.

These facilitated session will be delivered virtual and face to face based on the needs of the individual.



Small CBT and Positive psychology group sessions.

This service is for anyone who feels they need to build their own **resilience** around **loneliness**.

Learn new **techniques** on how to help themselves and think more **positively** about life and their future.

Deal with their current situation, **thoughts and feelings**.

Help them become **empowered, self-sufficient** and **re-engaged** within their **communities**.

Loneliness workshops.

One off workshops for people who feel they need more support and techniques on how to meet new people.

- Information around the places and network of groups and activities they can access in the Barnsley area.
- Introduce and support new activities they may like to try.
- Offering support in accessing these groups and activities.

These workshops will be open to people experiencing loneliness, isolation, but also professionals who are working with people who maybe experiencing issues with loneliness and isolation.

Group and community initiatives.

This project will introduce people to new and existing activities such as:

- Creative activities
- Community gardens/ Allotment projects
- Upcycling / Repair projects
- Walking and fitness groups
- Arts/Craft activities
- Drama groups.

If people have shared interests and the groups do not already exist, we will support individuals to help set up their own group.

