



INTERGENERATIONAL CONNECTIONS
MATTER! JOIN US TO SUPPORT
LONELINESS AWARENESS WEEK 2023!



Loneliness Awareness Week led by the Marmalade Trust is a week dedicated to raising awareness of loneliness and reducing the stigma that surrounds it. Connection matters. For Loneliness Awareness Week 2023, they are encouraging everyone to harness these moments of connection. Together, we can all feel less lonely.



ACTIVITY IDEAS!

Activity ideas to connect people of all ages and stages in life.
To enjoy spending time together, learn, share skills and
knowledge and have fun!

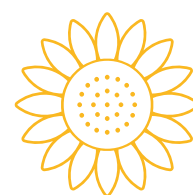
▶ **Have a Get Together:** talk, sing, enjoy arts & crafts, make fruit skewers, smoothies and dips, decorate cupcakes etc.



▶ **'Spring into Summer':** enjoy activities together in the great outdoors – good for health and wellbeing. You can download the 'Spring into Summer' ideas from our website resources section.



▶ **All Ages April Inspiration:** Check out what took place as part of All Ages April 2022



▶ **'Pots of Kindness':** plant up to share – flower and vegetable seeds, herbs. Download the 'growing pots of kindness' resource. Start a sunflower growing competition between settings.



▶ **Plant & Share** by celebrating growing your own food and friendships in your community. There's more information on the Food for Life Get Togethers website.



WHY NOT TRY THIS?...

▶ **Random Acts of kindness:** Spread some joy and positive messages by delivering and reaching out to others by sharing a card, plant, conversation or a smile! This could be elders in care homes and other settings, neighbours, friends and family!

▶ **Lockdown activity pack:** check out the [resources pack](#) originally created during Covid with a variety of ideas to connect people of all ages still suitable beyond Covid!

▶ **Have a Garden Party:** arrange a visit to sing/ enjoy activities and food outside with residents of your local care home, sheltered accommodation. Check out the Big Lunch for inspiration! Click me for [Big Lunch Resources](#)

▶ **'Show & Tell Session':** find out a little about each other by sharing your most treasured item with others and explain it's significance to you.

▶ **Celebrate Family connections:** Bring your older relatives to your school or nursery setting or organise a grandkids and family day in your older people setting! Have a family day out with young & old!

▶ **Intergenerational resources for Teachers:** Check out our amazing partnership resources with [Twinkl Northern Ireland](#)



TOP TIPS



SOME KEY STEPS WHEN ORGANISING YOUR LONELINESS AWARENESS WEEK INTERGENERATIONAL EVENT/ACTIVITY!

- ▶ **Check out the Loneliness Awareness Week Website – download the supporters pack and social media resources!**
www.lonelinessawarenessweek.org
- ▶ **Discuss Loneliness with your community, group or setting – get their ideas on what action to take!**
- ▶ **Reach out to link with another age group - local older peoples group, setting, care home, grandparents, sheltered accommodation, schools, nurseries, youth clubs, mums & tots, neighbours.**
- ▶ **Set a date, a time and pick a suitable venue**
- ▶ **Plan your activities – Check out our ideas in this pack**
- ▶ **Run your event, have lots of fun and definitely some juice, tea/coffee and biscuits/cake**
- ▶ **Take photos, get quotes, ask people what they thought**
- ▶ **Share your success! Press and social media – tag LGNI, The Marmalade Trust and use [#LonelinessAwarenessWeek](#) [#ConnectionMatters](#)**



We're proudly supporting

LONELINESS AWARENESS WEEK

12th - 18th June 2023

Connection Matters



#ConnectionMatters
#LonelinessAwarenessWeek
lonelinessawarenessweek.org

Loneliness Awareness Week links:

[Find out more about the Week and download the Supporters Pack and Resources](#)

LGNI Links:

[Sign up to your local LGNI network](#)

[LGNI News](#)

[LGNI Resources](#)

[LGNI Global IG Week Page](#)



**LGNI
Network**
[sign up
here](#)

Use the Hashtags:

#LonelinessAwarenessWeek
#ConnectionMatters



Why not share
and tag your fav
photo showing
intergenerational
Connection!

Please remember
to share your
activities on social
media & don't
forget to tag us
@LinkGenNI

