

**LET'S FACE LONELINESS TOGETHER:
ONE CONNECTION AT A TIME**

REACHING OUT TOOLKIT

PRODUCED BY



as part of the Great Winter Get Together campaign 2020–21.

THE GREAT GET TOGETHER.

INSPIRED BY JO COX

The **Great Get Together** is inspired by Jo Cox MP, who was killed on the 16th of June, 2016. We ask people to come together and bridge divides, proving that we have, in Jo's words, **#moreincommon.**



THE GREAT WINTER GET TOGETHER

DECEMBER 14 – JANUARY 18



This winter, **let's face loneliness together:**
one connection
at a time.

Join us:

greatgettogether.org/sign_up

WHY SHOULD I REACH OUT?



Every winter, we shine a spotlight on loneliness with our Great Winter Get Together campaign.

Jo was passionate about alleviating loneliness – she wanted to shine a spotlight on the millions of people living lonely lives in our communities.

This year's combination of winter loneliness and COVID measures mean that more people than ever will be feeling some sort of loneliness this holiday season.

So, as part of our REACH week (21–27 Dec 2020), reach out and connect with someone you have lost touch with, and:

- Encourage meaningful connections
- Re-connect as a way of facing loneliness
- Show the people in your life that you care
- Rekindle friendships at a crucial time
- Strengthen peer and support networks
- Engage with your local community

WHO SHOULD I RECONNECT WITH?



- **Old friends/acquaintances**
Rekindle relationships by letting someone in your life know that you are thinking of and miss them
- **Your family**
Get in touch with those you haven't spoken to in a while. They might really need your presence right now
- **Your neighbours**
Particularly those who are vulnerable, shielding, alone or elderly

Due to the impact of this pandemic, we expect more people than ever to need support and a friendly face this winter.

Whether for reasons like social distancing measures, illnesses, bereavement, or circumstance changes, this period will be very difficult for many.

We could all do with reconnecting this winter – showing our communities that we care by lending an ear and a smile. A good chat goes far!

HOW SHOULD I REACH OUT?



MAKE THAT INITIAL CONTACT

Have you lost touch with peers or loved ones due to distance, time, busy-ness? Show them openly and honestly that you miss them by reaching out – send a text, email, postcard or give them a call.

ORGANISE A PEER/FRIENDSHIP/COMMUNITY/FAMILY REUNION

This could look like a Zoom party, creating a WhatsApp group chat, starting a postal book club or regular virtual hangouts and doing things you all enjoy.

CONTINUE THESE MEANINGFUL CONNECTIONS

It is important that we keep the people we care about close. Ensure that these reconnections last by having meaningful conversations about your relationship and make plans to continue contact.

MORE IDEAS FOR CONNECTION



- Make concrete plans to meet in line with government guidelines and socially distanced – or for once regular meetings are allowed again
- Re-bond over your **shared history** or **common interests** – e.g. having a virtual coffee catchup or taking an online crafts class together. There are many positive effects of nostalgia!
- Find old classmates, childhood buddies, colleagues or long-lost peers **via social media** like Facebook or LinkedIn
- Reach out about **major life events**, such as recent birthdays, anniversaries, work achievements or providing support through loss
- Send them a **thoughtful letter, care box or other little gift** – show them you care about how they are and what they need right now



CONTACT US



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