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By signing the Stay Connected pledge, and committing to the principles below, your organisation will **tackle loneliness by developing a supportive organisational culture, which creates a variety of opportunities for social connection, is dedicated to tackling the stigma associated with loneliness by encouraging open conversations, and ensures any activities, opportunities and/or approaches are inclusive and welcoming.**

To achieve this, your organisation will need to:

 **Recognise that loneliness and feelings of isolation can be an issue within communities and workplaces, and there are many small things that can be done which can have a positive impact on others.** Consider what you can do to make a difference with a particular focus on people who are most at risk of loneliness, for example those with caring responsibilities, new parents and those approaching retirement.

**Identify any barriers to participation and where possible try to address these,** for example consider days, times and location for activities, transport, in person and online opportunities.

**Welcome new people to ensure that everyone feels welcomed, valued, and treated with respect.** For organisations, this could include ensuring an induction process is in place for staff and volunteers. For groups, this could include distributing a 'Welcome Pack' to members with key information; adding individuals to a WhatsApp, Facebook, or email group to ensure they are kept up to date.

**Ensure good communications.** For example keep others informed in a timely manner, particularly when any changes are to be made. This may include using various communication methods such as telephone, email, social media, newsletters or video calls.



(Please insert organisation name/team/group and provide some brief background information e.g., what it does, how many employees etc.)

Are committed to tackling loneliness by developing a supportive organisational culture, which creates a variety of opportunities for social connection, is dedicated to tackling the stigma associated with loneliness by encouraging open conversations, and ensures any activities, opportunities and/ or approaches are inclusive and welcoming. To achieve this, we will adopt the following principles<sup>1</sup>:

- Recognise that loneliness and feelings of isolation can be an issue within communities and workplaces, and there are several things that can be done which can have a positive impact on others.**
- Identify any barriers to participation and where possible try to address these.**
- Welcome new people to ensure that everyone feels welcomed, valued, and treated with respect.**
- Ensure good communications.**
- Provide signposting to services and support.**
- Allow opportunities for feedback.**
- Reach out to people you haven't seen and/or heard from in a while.**

Please select the additional optional principles you plan to implement:

- Offer a mentoring or buddy scheme.**
- Support and enhance opportunities for volunteering.**
- Support staff and volunteers to complete relevant training.**
- Ensure that loneliness awareness is part of employee wellbeing and embedded at an organisational level within policies.**

