

Hello!

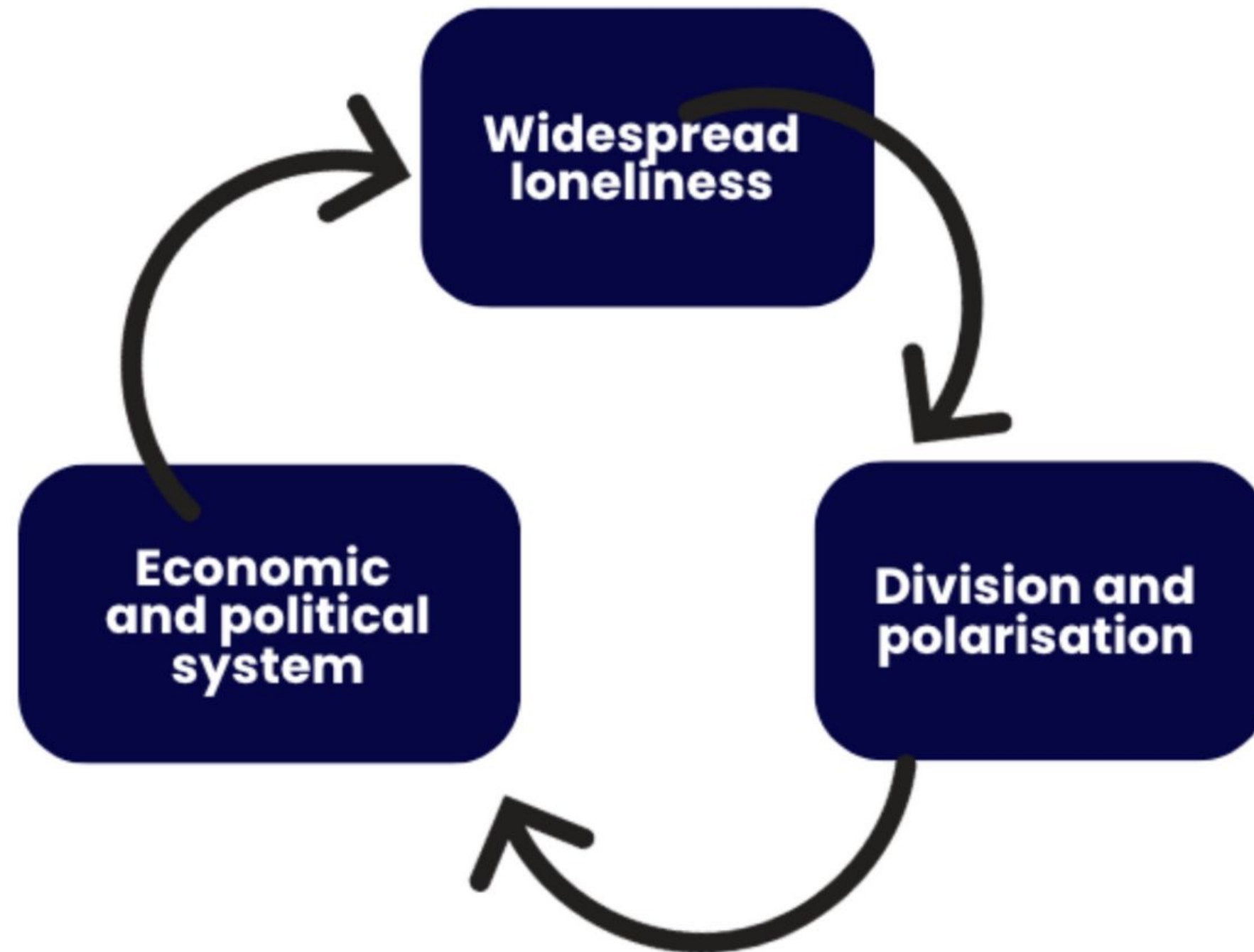


Civil Society Consulting

Health, equality,
cohesion.



Introducing the Togetherness concept



1. Exercise:

Which aspects of the council's work is being impacted by loneliness?



Introducing the 32 Steps to Togetherness

– Think Well:

1. Assume the best
2. Accept other points of view
3. Be honest with yourself
4. Make peace with awkward moments

– Change Your Habits:

5. Say hello
6. Use TV and screens as an opportunity to connect
7. Be aware of how you influence yourself by choosing who to follow on social media
8. Go somewhere you wouldn't normally go, or encourage others to

– Help Out:

9. Volunteer for a cause that you care about
10. Get involved with youth initiatives
11. Socialise with older people
12. Help out at a food bank or food poverty project

– Join Something:

13. Join a club
14. Join a class
15. Start a book group or film club
16. Visit a place of worship

– Be A Great Neighbour:

17. Lower your boundaries with your neighbours
18. Share food for your neighbours
19. Ask for and give help to your neighbours
20. Use seasonal holidays as an opportunity to connect

– Open Up Your Workplace:

21. Make sure your team is diverse
22. Encourage connections between your team
23. Broaden your reach
24. Unionise or join a professional body

– Support Your Local State School:

25. Help out at your local school
26. Involve school children in community action
27. Ask about school linking
28. Encourage your local school to teach civic participation

– Get Political:

29. Write to your local politicians
30. Write to your representatives in Parliament
31. Use your vote, and vote with your wallet
32. Understand the politics of all your social interactions and share these ideas

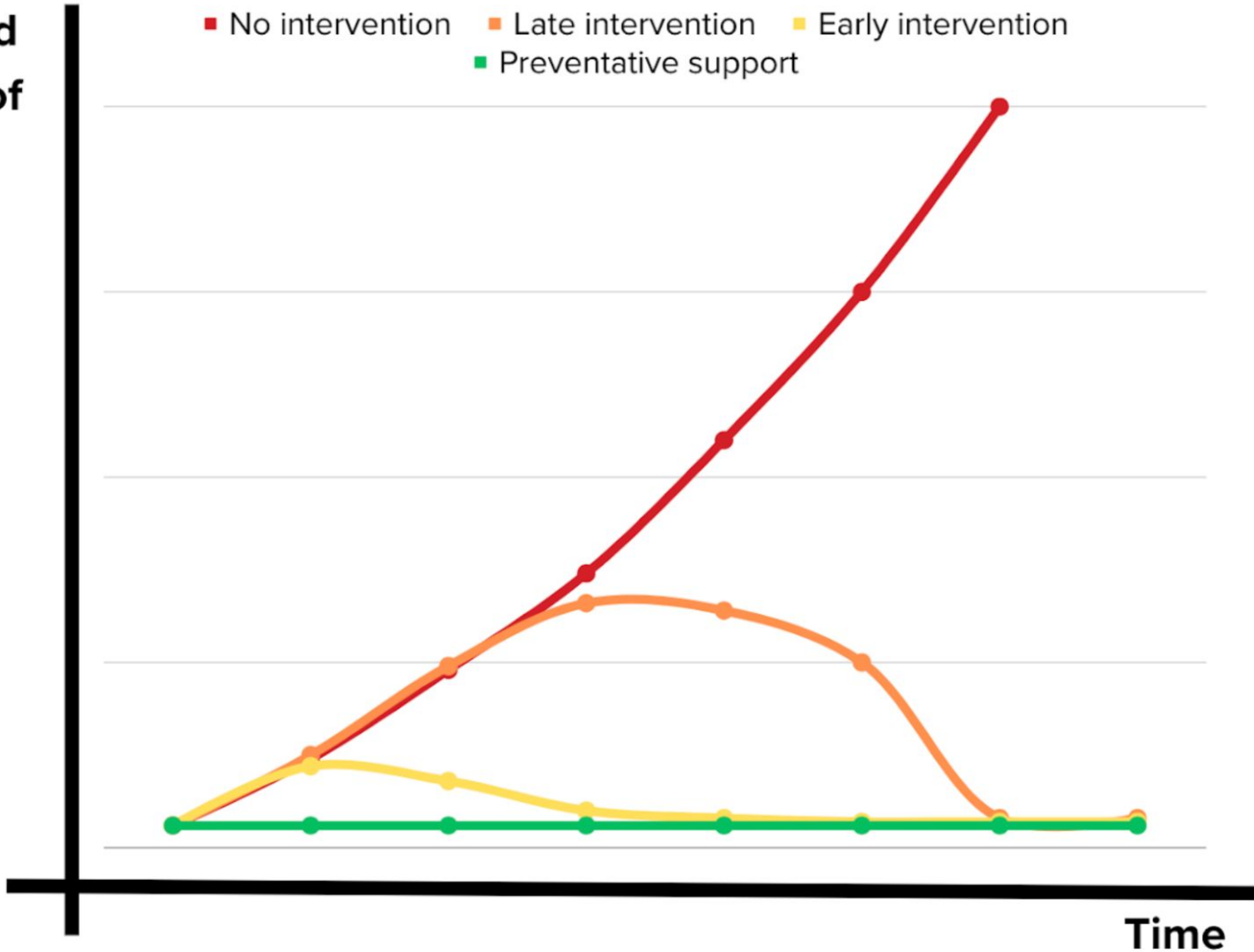
2. Exercise:

Which is your favourite step?

Which ones would you like to see more of in your local authority area?



Intensity and complexity of problems





4. What shall we do?

(How can we support you?)

Building Connections Training (co-create a shared vision)

Film-making

!?

Poetry

workshops!?