



YOUTH CYMRU & CO-OP FOUNDATION

# REACHOUT TOOLKIT



Introducing

**LONELINESS OUTREACH PROJECT**

# WELCOME

## TO THE REACHOUT TOOLKIT!

Youth Cymru is a national voluntary organisation with over eighty years' experience supporting young people and youth workers in Wales. We work collaboratively with our members and other youth facing organisations to provide unique, innovative and life changing opportunities, projects and programmes, bettering the lives of young people in Wales.

This project is funded by The Co-op Foundation.



Over the past year, the ReachOut project has worked with 3 hubs across Wales to develop and deliver loneliness workshops. From this, the project enabled young people to create a toolkit and lead social action projects which allowed them to gain a better understanding of loneliness, enhance self confidence, deepen self-efficacy and enable a sense of external agency, empowering and supporting them to experience community cohesion and connections.

### INSIDE THIS TOOLKIT

You will find activities and resources to help, inspire, and motivate young people who may be at risk of/ want to help other young people suffering from effects of loneliness and social exclusion.

At the back of the toolkit you will have access to a Social Action Toolkit. This will assist young people in planning and carrying out their own **Loneliness Outreach Project**, to help tackle loneliness in their communities.



# GROUP AGREEMENT

## PURPOSE

A group agreement is one of the most important exercises when working with a group. The purpose of a group agreement is to create an open and respectful environment in which the group can work together creatively, and individuals feel safe sharing their ideas and opinions. It is important that the group creates this, not the tutor as it gives them control instead of being 'told the rules'.

## ACTIVITY

- Explain to the group that they may be talking about sensitive issues and that the group should agree to set some ground rules that they will agree to follow throughout the session
- Ask the young people to discuss what rules are important to them, to create a safe and comfortable environment during the session(s). Write down a minimum of 3 rules, and once completed, put the rules where everyone can see them.
- When someone breaks the rules, refer them to the group rules sheet. It is even better if the group refers the rule breaker to the groups rule sheet.
- Keep the rules created and re-visit at the beginning of each session.

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## RESOURCES

- FLIPCHART PAPER
- PENS

## SUGGESTIONS

- “WHAT IS SAID IN THE GROUP STAYS IN THE GROUP”
- “KEEP AN OPEN-MIND”
- “BE RESPECTFUL OF OTHERS”
- “TRY YOUR BEST”
- “PHONES ON SILENT DURING THE SESSION”
- “BE PUNCTUAL”

# CHECK IN QUESTIONNAIRE

All aboard! This is where your journey begins! Please be as honest as you can, we want to see your journey!

## A bit about you

Name

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Age

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“I am a confident person”

1 2 3 4 5 6 7 8 9 10  
NOT ME THAT'S SO TRUE

“I have high self-esteem”

1 2 3 4 5 6 7 8 9 10  
NOT ME THAT'S SO TRUE

“I work well in a team”

1 2 3 4 5 6 7 8 9 10  
NOT ME THAT'S SO TRUE

“I have strong communication and leadership skills”

1 2 3 4 5 6 7 8 9 10  
NOT ME THAT'S SO TRUE

“I feel part of a community”

1 2 3 4 5 6 7 8 9 10  
NOT ME THAT'S SO TRUE

“I can make a positive contribution to my community”

1 2 3 4 5 6 7 8 9 10  
NOT ME THAT'S SO TRUE



CONTINUED

## About the project

On a scale of 1-10, 10 being everything, how much would you say you understand about youth loneliness?

1    2    3    4    5    6    7    8    9    10

On a scale of 1-10, 10 being everything, how much would you say you understand about youth isolation and its consequences?

1    2    3    4    5    6    7    8    9    10

Would you say you have a strong support network?

YES    NO    DON'T KNOW



Would you know where to go for extra support?

YES    NO    DON'T KNOW

Do you feel "ReachOut" is going to help you?

YES    NO    DON'T KNOW

I think that "ReachOut" will help me;

- With my confidence/self-esteem/self-efficacy
- Understand how to make a change
- Learn about youth loneliness and its effects

What are you hoping to get from "ReachOut" project?

ACTIVITY 1

# WHAT IS LONELINESS?

## EXPLANATION

1. Hand out flipchart paper and pens to each group (there might just be one big group).
2. Ask them to write “WHAT IS LONELINESS?” in the middle of the paper.
3. Encourage the young people to write what they think loneliness is, on the flipchart paper. These could be reasons for loneliness, identifiers of loneliness, words, phrases, or even drawings.
4. If there is more than one group, get them to feedback the answers that have been written and discuss. If there is just one group then go through the answers from that group and discuss.



## NOTES

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## TIME

 20 MINUTES

## RESOURCES

- FLIPCHART PAPER
- PENS

## AIMS

THE AIM OF THIS ACTIVITY IS TO GET THE YOUNG PEOPLE THINKING ABOUT WHAT LONELINESS IS AND HOW SOME YOUNG PEOPLE MAY BE LONELY.

## OUTCOMES

YOUNG PEOPLE WILL:

- SHARE THEIR DIFFERENT PERCEPTIONS OF LONELINESS
- EXPRESS THEMSELVES AND LEARN NEW IDEAS
- USE DISCUSSION WITH PEERS TO SHARE THEIR VOICE

## ACTIVITY 2

# WHO MIGHT BE LONELY?

## AIMS

THE AIM OF THIS ACTIVITY IS FOR YOUNG PEOPLE TO CONSIDER THE DIFFERENT GROUPS OF YOUNG PEOPLE THAT ARE AT RISK OF SUFFERING FROM LONELINESS. THEY WILL EXPLORE WHAT IT IS ABOUT THESE GROUPS THAT MAKES THEM PARTICULARLY VULNERABLE AND WHAT COULD BE DONE TO HELP YOUNG PEOPLE LIKE THIS.

## EXPLANATION

1. Hand out flipchart paper and pens to each group.
2. Get them to split the paper into four sections, **WHO**, **WHY**, **WHEN**, and **WHAT**.
3. The young people should then fill each section out with their thoughts and ideas on:
  - **WHO** would be lonely?
  - **WHY** would this group be lonely?
  - **WHEN** in particular might they be lonely?
  - **WHAT** could we do to help them?
4. After these answers and ideas have been written down they should be discussed, either through feedback from other groups and comparisons, or through a discussion led by the facilitator (if it is one big group).



## TIME




 30 MINUTES

## RESOURCES

-  FLIPCHART PAPER
-  PENS

## OUTCOMES

### YOUNG PEOPLE WILL:

-  CONSIDER FACTORS OF LONELINESS
-  IDENTIFY GROUPS WHO COULD BE VULNERABLE TO LONELINESS
-  IDENTIFY THE NEED OF THESE GROUPS, WHEN THEY ARE MOST VULNERABLE, AND WHAT CAN BE DONE TO HELP TACKLE THIS.

### ACTIVITY 3

# WHAT DOES LONELINESS LOOK LIKE?

## AIMS

THE AIM OF THIS ACTIVITY IS FOR YOUNG PEOPLE TO CHOOSE THE PHOTO THAT RELATES TO WHAT THEIR PERSONAL UNDERSTANDING OF LONELINESS IS. THE YOUNG PEOPLE WILL THEN TRY AND MEASURE THEIR LONELINESS AGAINST EACH OTHER USING THE 'SCALE OF LONELINESS'.

## EXPLANATION

1. Lay out the pictures on the table in front of the young people.
2. Get the young people to discuss and think about what each picture means in terms of loneliness.
3. After everyone is aware of what the cards mean, ask the young people to choose a card that either applies to them, or what they think loneliness is most likely to feel like.
4. Young people can also draw their own picture, if they don't feel that any of the resource pictures relate with them.
5. Ask the young people to create a 'scale of loneliness', one side of the room is the 'least lonely' and the other side would be the 'most lonely'. The young people should then stand where they feel their loneliness fits on the scale.
6. Lead a discussion or debate on this subject. Which images depict the 'most lonely' or 'least lonely' feeling? Is it right to measure these feelings against each other?

## TIME



30 MINUTES

## RESOURCES

- PICTURE RESOURCE [p 20-23](#)
- PAPER
- PENS

## OUTCOMES

### YOUNG PEOPLE WILL:

- RECOGNISE THAT THERE ARE DIFFERENT FORMS OF LONELINESS
- BE ABLE TO SHARE PERSPECTIVES ABOUT HOW LONELINESS FEELS DIFFERENT TO EVERY INDIVIDUAL
- DISCUSS AND DEBATE THE 'SCALE OF LONELINESS' AND DECIDE WHETHER IT IS RIGHT TO MEASURE THESE FEELINGS OF LONELINESS AGAINST EACH OTHER



ACTIVITY 4

# LONELY VS NOT LONELY

## EXPLANATION

1. Split the young people into two separate groups, and give each group a piece of flipchart paper and pens.
2. Ask them to draw a stick figure on their paper, or to make it more engaging they could draw around the outline of a young person in the group.
3. One group should label their figure “lonely” and the others should name theirs “not lonely”.
4. The young people can then write factors of what makes a person lonely/not lonely inside or around the figure on their flipchart.
5. After 10 minutes, the groups should swap.
6. Once this is done, discuss the responses.

## NOTES

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## TIME



30 MINUTES

## RESOURCES



FLIPCHART PAPER



PENS

## AIMS

THE AIM OF THIS ACTIVITY IS FOR THE YOUNG PEOPLE TO THINK ABOUT WHAT FACTORS MAKE A YOUNG PERSON FEEL LONELY, AND TO SHARE THEIR PERSPECTIVES ON WHAT WOULD MAKE THEM NOT FEEL LONELY.

## OUTCOMES

YOUNG PEOPLE WILL:

- BE ABLE TO COMPARE THE LIFESTYLE OF A ‘LONELY’ YOUNG PERSON, TO THAT OF A ‘NOT LONELY’ YOUNG PERSON.
- BE ABLE TO DISCUSS AND SHARE THEIR VIEWPOINTS WITH OTHERS IN THE GROUP.

ACTIVITY 5

# IDEAL COMMUNITY

## EXPLANATION

1. Hand out paper, pens, pencils to every young person.
2. Ask them to draw their **IDEAL COMMUNITY**, in this community nobody would be lonely.
3. After they have finished, ask them what differences there are between the community they have drawn, and their own community.
4. Discuss how the young people can develop these ideas into tackling loneliness, in their loneliness outreach projects. Get them to think about the questions:  
**WHAT DIFFERENCE DO YOU WANT TO MAKE?**  
**HOW WILL YOU KNOW THE IMPACT YOU HAVE MADE?**

## NOTES

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## TIME

 30-60 MINUTES

## RESOURCES

- PAPER
- PENS & PENCILS

## AIMS

THE AIM OF THIS ACTIVITY IS FOR YOUNG PEOPLE TO USE THEIR IMAGINATION AND THINK ABOUT WHAT AN IDEAL COMMUNITY THAT TACKLES LONELINESS WOULD LOOK LIKE.

## OUTCOMES

YOUNG PEOPLE WILL:

- USE CREATIVE SKILLS TO EXPRESS THEMSELVES AND THEIR IDEAS
- IDENTIFY THE NEEDS OF LONELY YOUNG PEOPLE IN THEIR AREA
- THINK ABOUT HOW THEY CAN TACKLE LONELINESS IN THEIR COMMUNITY

# REACH OUT SOCIAL ACTION TOOLKIT



It is now time to create your very own

**LONELINESS OUTREACH PROJECT**

# REACH OUT SOCIAL ACTION TOOLKIT

## WHAT DOES IT INVOLVE?

It's time to make a change. You will create your own project to help tackle youth loneliness in your community.

## HOW ARE YOU GOING TO DO THIS?

In groups, you will decide what you would like to do to tackle loneliness in your community. This could include things like:

- A COMMUNITY EVENT TO ENGAGE LONELY YOUNG PEOPLE
- AN INTERGENERATIONAL PROJECT
- FUNDRAISING ACTIVITIES FOR CHARITY
- ARRANGING TRIPS TO THE CHILDREN'S HOSPITAL
- DOG WALKING OR CAR WASHING AS A GROUP

Be as creative as possible, and really think about what would work in your community.

## AIMS

The aim of this toolkit is to take you through the planning of your Social Action Project. You can use this as a guide to think about what actions you are going to take, and how you are going to reach your targets.

## OUTCOMES

You will:

- USE TEAM WORK SKILLS AND PROBLEM SOLVING SKILLS TO IDENTIFY NEED FOR TACKLING LONELINESS IN YOUR COMMUNITY.
- CREATE A DETAILED PROJECT PLAN TO GAIN ORGANISATIONAL AND TIME MANAGEMENT SKILLS.
- IDENTIFY YOUR OWN STRENGTHS AND WEAKNESSES, WHICH WILL HELP YOU CHOOSE YOUR TEAM ROLES WITHIN THE GROUP.
- BE INCLUSIVE TO ALL YOUNG PEOPLE AND USE THE PROJECT TO MAKE A DIFFERENCE TO OTHER PEOPLE'S LIVES.
- CREATE A PROJECT WHICH WILL HELP TACKLE YOUTH LONELINESS, AND IMPACT YOUNG PEOPLE IN YOUR COMMUNITY.

**LETS BEGIN!**

TASK 1

# PROJECT PLAN

**WHAT IS YOUR PROJECT?**

**WHO DOES IT INVOLVE?**

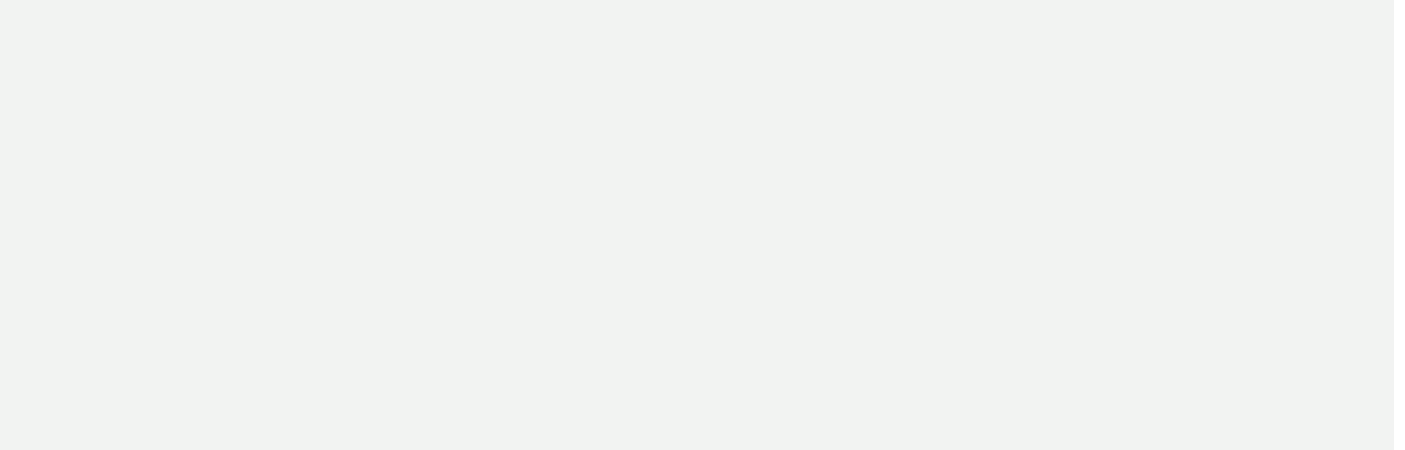
**WHO DOES IT TARGET?**



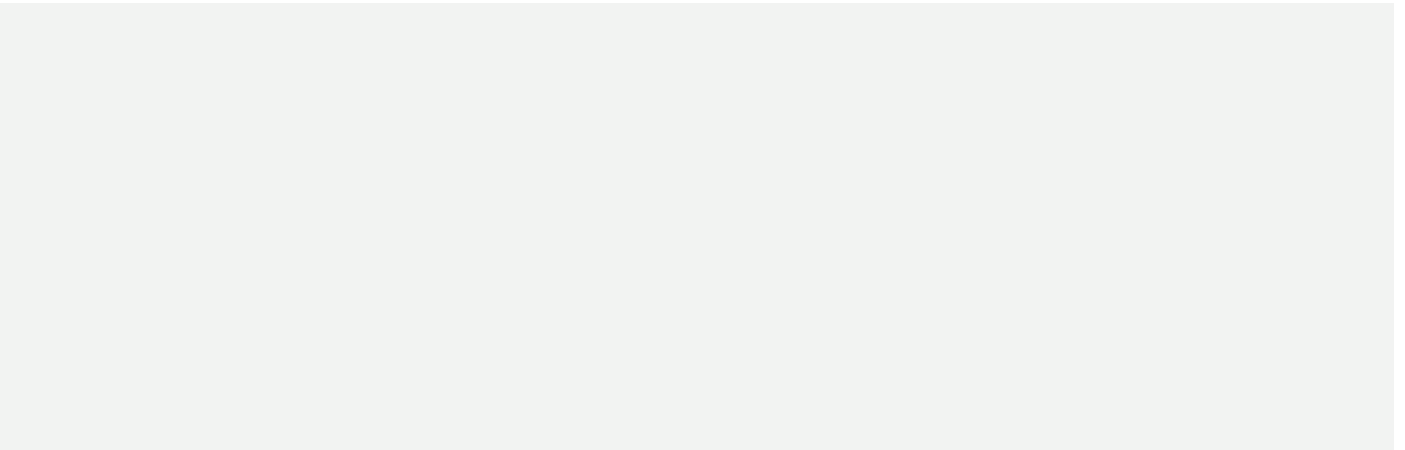
TASK 1

# PROJECT PLAN

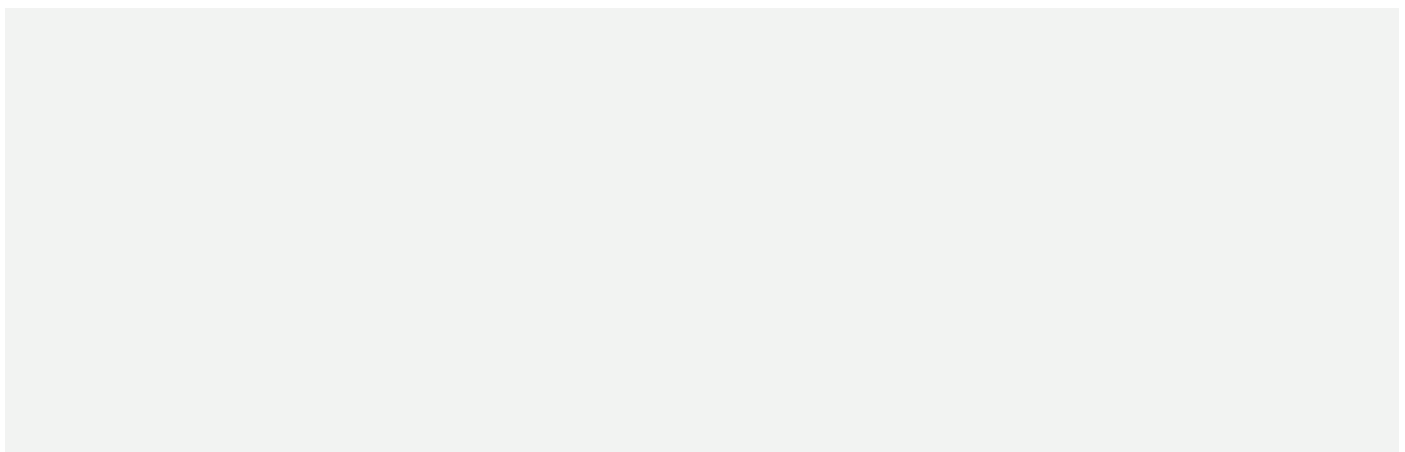
**HOW WILL IT TACKLE YOUTH LONELINESS IN THE COMMUNITY?**



**WHERE WILL IT TAKE PLACE?**



**HOW WILL YOU PROMOTE YOUR PROJECT?**



TASK 2

# TEAM ROLES

- 1. Use a piece of flipchart paper, and create two columns - 'NAME' and 'ROLE'.
- 2. Discuss and decide on all of your team roles as a group. Try and think about what your strengths are as individuals, and what kind of role this would help you with.
- 3. If you have a group budget, try and designate someone to be in charge of that budget, so they can distribute it fairly.
- 4. Take a picture of your flip-chart and keep it for your evidence at the end of the project.

**TIME**



30-60 MINUTES

**RESOURCES**



FLIPCHART PAPER



PENS

**NOTES**

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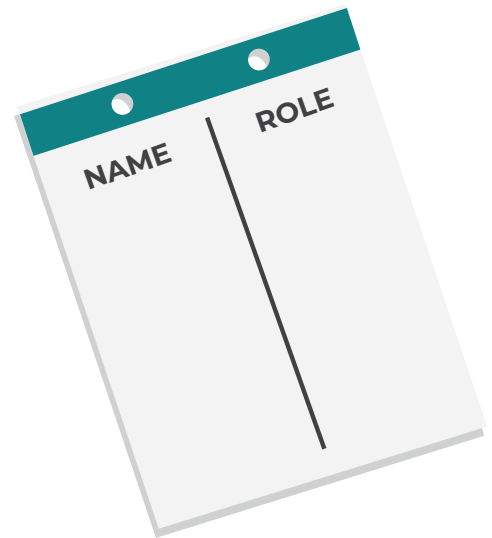
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**TASK 3**

# **EVALUATION OF PROJECT**

**WHAT WENT WELL?**

**WHAT DIDN'T GO SO WELL?**

**WHAT COULD HAVE BEEN DONE DIFFERENTLY?**



# CASE STUDY

NAME .....

**HOW HAS THIS YOUNG PERSON IMPROVED THROUGHOUT THE PROJECT?**

**WHAT HAVE THEY ACHIEVED?**

**WHAT SKILLS AND KNOWLEDGE HAVE THEY GAINED FROM THE PROJECT?**

Signature .....

**TASK 4**

**WHAT IS YOUR ROLE?** -----

**WHAT IS YOUR PERSONAL BUDGET (if applicable)** -----

**TARGET**

**ACTIONS**

**DUE DATE**

**DATE COMPLETED**

# DELIVERY

Record the dates that your project happened here.

**PROJECT**

**DATE**

**HOW MANY  
PEOPLE ATTENDED?**

**HOW DID IT IMPACT  
YOUNG PEOPLE?**

**QUOTES**

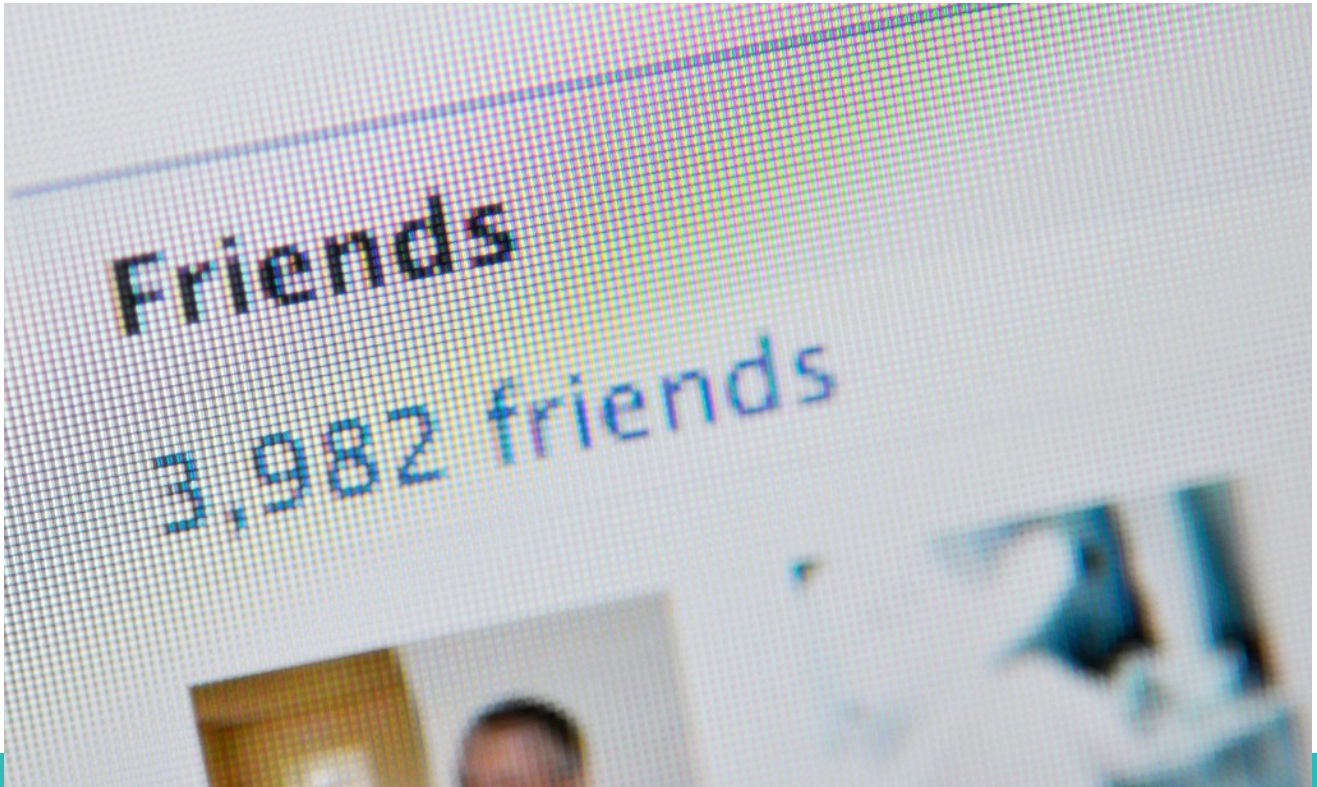
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LGBT





# ARRIVAL QUESTIONNAIRE

We're here! This is where your journey ends! Please be as honest as you can, we want to see your journey!

## A bit about you

Name

-----

Age

-----



“I am a confident person”

1 2 3 4 5 6 7 8 9 10  
NOT ME THAT'S SO TRUE

“I have high self-esteem”

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“I work well in a team”

1 2 3 4 5 6 7 8 9 10  
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“I have strong communication and leadership skills”

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“I feel part of a community”

1 2 3 4 5 6 7 8 9 10  
NOT ME THAT'S SO TRUE

“I can make a positive contribution to my community”

1 2 3 4 5 6 7 8 9 10  
NOT ME THAT'S SO TRUE



CONTINUED



## About the project

On a scale of 1-10, How much would you say you now understand about youth loneliness?

1 2 3 4 5 6 7 8 9 10

On a scale of 1-10, How much would you say you now understand about youth isolation and its consequences?

1 2 3 4 5 6 7 8 9 10

Would you say you have a strong support network?

YES NO DON'T KNOW



Would you know where to go for extra support?

YES NO DON'T KNOW

Do you feel “ReachOut” has helped you?

YES NO DON'T KNOW

The “ReachOut” project has helped me;

- With my confidence/self –esteem/self- efficacy
- Understand how to make a change
- Learn about youth loneliness and its effects

What were the main things you learnt from the “ReachOut” project?

# REACH OUT



## TOOLKIT



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