

Leaving loneliness behind



- ✓ Understand the concept of belonging
- ✓ How to recognise loneliness in yourself and others
- ✓ Helpful tips on how to manage the feelings of loneliness
- ✓ Finding the right support if you need it

sovereignresourcehub.co.uk

• webinar • resource links • helpful tips



Sovereign Health Care is a company limited by guarantee. Registered in England no 85588. Registered office: 2nd Floor, West Wing, The Waterfront, Salts Mill Road, Shipley, Bradford BD17 7EZ. The information in this document is provided by Let's Get Healthy and is not regulated by the Financial Conduct Authority.