

# MEANINGFUL CONNECTIONS



Are you aged 50+ and live  
in the city of Sunderland?

Do you identify as LGBT +  
Lesbian, Gay, Bisexual, Transgender + ?

Do you ever feel lonely,  
isolated, invisible, in low  
mood, disconnected?

- Would you like to access one-to-one support to help you with positive ageing and reducing loneliness?
- Would you like to engage with other people who might feel the same way and access new social opportunities in a safe and inclusive setting?
- Would you like to support your community and local pride event?



# Age UK Sunderland's Meaningful Connections service is here to help you



## We offer:

- A discrete service providing advice and information to promote positive ageing, overcoming adversity, and making meaningful connections
- One-to-one support and a listening ear
- Group activities and discussion groups in a safe and inclusive space to connect with peers
- Volunteering opportunities including group facilitators, befrienders, and supporting with the design of the local pride event

**However you choose to identify we will be led by you; we will utilise your skills, knowledge and expertise to enable you to be more connected within the community.**

## Interested?

Contact Age UK Sunderland  
on: **0191 514 8322** or  
Email: **LindaOhlson@  
ageuksunderland.org.uk**



HM Government