

Out and Proud! or Lonely and Isolated!

LGBTQ+

Make Meaningful Connections

If you want to connect with like-minded people, looking for one to one support, or, are able to offer others support then Age UK Sunderland would love to hear from you.

We provide supportive opportunities in a safe, respectful and inclusive setting.



For people 50+ and older

LGBTQ+

Make Meaningful Connections

Our aim is to help you:

- Reduce loneliness and isolation
- Reduce feelings of low mood and depression
- Support access to new social opportunities
- Promote good health and wellbeing
- Promote positive ageing

We will provide you with opportunities to access:

- One to one support
- Group activities and discussion groups
- Volunteering opportunities such as:
 - group facilitator
 - befriender
 - or, help contribute to the design and development of your local Pride event
- A safe and inclusive space to connect with peers

However you choose to identify we will be led by you; we will utilise your skills, knowledge and expertise to help you become more connected.

INTERESTED?

Contact: Age UK Sunderland on:

0191 514 8322 or 0191 514 1131

Email:

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HM Government