



Dance and yoga get Loneliness Awareness Week moving

Description



Laughter yoga, swing dancing, shared office lunches and cook-offs are just some of the ways thousands of people have been connecting to combat loneliness.

They've all been taking part in past Loneliness Awareness Weeks – created by Marmalade Trust to create a more connected society. This year the campaign runs from 9-15 June.

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Designated chatty tables in cafes and pubs, businesses putting loneliness on their meeting agenda and radio stations having honest and open conversations about loneliness are among the activities that have already been used.

The organisers believe they have 'a powerful message which resonates with many'. They've trended on social media, reaching countless people in one week. Each year has seen tens of thousands of organisations get involved.

Among those participants have been the Royal Family, the Prime Minister, Mayor of London, NHS trusts and Government departments.

Marmalade Trust believe Loneliness Awareness Week boosts understanding. 'While we're seeing an increase in discussion on the subject,' said the Trust, 'stigma remains and some key misconceptions still need to be challenged.'

The Trust say that by identifying all the times people have experienced loneliness, they can start to change their viewpoint, accept it and understand how to manage the feeling.

People will be doing this through all sorts of activities – from coffee mornings and book clubs to walking clubs and art workshops, to neighbourhood bake sales and 'speed friending'.

The campaign website offers practical advice about how to tackle loneliness in your life

You can find out more by visiting [the campaign website](#) which offers practical advice about how to tackle loneliness in your life – such as becoming a volunteer, joining an exercise class or learning to tango.

The website points out the benefits of learning something new, or becoming part of something like the Women's Institute or the Men's Sheds movement. Here at MMHS, we know some residents have connected with their communities by working in a charity shop, phoning church friends to see how they are, and helping to create a prayer garden.

Marmalade Trust is an award-winning loneliness charity for all ages, dedicated to raising awareness of loneliness and supporting people to find new social connections. Since 2013, they have directly helped thousands of people and have reached millions more. Their mission is to create a society where we recognise that loneliness exists and support each other to make new connections. (Photo: [Kristina Tripkovic](#) on [Unsplash](#))

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