

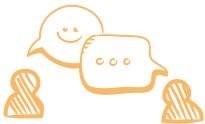


What is the Social Connection Project?

Justlife's Social Connection project supports people moving away from homelessness by helping them connect with their local communities, build positive social networks and develop healthy relationships. The project involves **Befriending** and **Community Activities and Workshops**

Befriending

Our befriending project provides an opportunity for somebody moving away from homelessness to be matched with one of our trained befriending volunteers. They meet once a week in the community and do an activity of their choice, whether that's going for a walk, trying something new or just going for coffee and a chat.



We match people according to their shared interests and hobbies, lived experiences or identities.

Community Activities and Workshops

We offer a range of wellbeing activities that will be chosen by the group. Activities could include trips to museums, events, walks in the park, coffee shops etc.



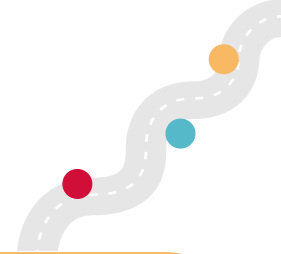
It's helped me to get out of the house, meet new people and do different things

When I leave, I feel uplifted and not alone

It has brought some sunshine into my life. I always come away with a smile on my face. It's connected me to other people

How it works

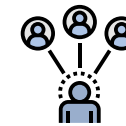
After somebody is referred to the Social Connection Project they are contacted by a member of the team who will arrange a convenient time to meet up and talk about the project and how being involved would benefit them. We will also discuss what support somebody needs to access the project meaningfully and safely.



Outcomes



Development of support and social network



Improved community engagement



Improved mental health



Establishment of meaningful connections and relationships



Who we work with

This project is for people living in unsupported temporary accommodation in Manchester and Tameside, or people who have recently moved out of this accommodation who are looking to connect with their local community.



Referral Criteria

We are looking for people who feel ready and able to commit to engaging in a positive and meaningful relationship with their befriender. Also for people that are able to participate fully and well in groups, activities and workshops. We will work together to set ground rules for these groups so that everyone can feel safe and included.

I love the community activities and the way it feels like a family outing

My volunteer helps me talk about my panic attacks, she listens to me

To refer someone for this project, please complete the referral form and email it to scpmanchester@justlife.org.uk

CONTACT



0161 285 5888



info@justlife.org.uk



www.justlife.org.uk



SOCIAL CONNECTION PROJECT



A befriending project for people moving away from homelessness

“ It has brought some sunshine into my life. I always come away with a smile on my face. It’s connected me to other people ”