

# Justlife Social Connection

## PROJECT REPORT

### Background

This befriending project provides support to people moving away from homelessness by helping them overcome social barriers, isolation and loneliness. Once matched, participants meet up regularly to do fun community activities such as going for coffee, going for a run, attending an event or just having a chat in the park. Due to pandemic restrictions, the project began over the phone and transitioned into face-to-face meet ups as restrictions relaxed.

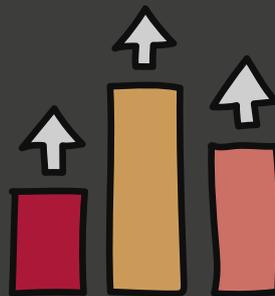


### Matches



“My volunteer helps me talk about my panic attacks, she listens to me, and is understanding, we talk about ideas which might help me.

### Outcomes



“I am very sociable and so was hit hard by the COVID-19 lockdown...When I was offered the opportunity to have a volunteer call me every week for a chat I was over the moon!”

” She [My match] now has the confidence to access supermarkets instead of just convenience stores, allowing her access to more essentials.

# Peer Support Group

## Background

We also run a peer support group that meets regularly at a local venue to provide a space for participants to meet people, support each other and have a laugh. The group runs fortnightly and offers vital peer support opportunities for those struggling with their mental health, wellbeing and / or loneliness.



## Outcomes

"Gives everyone a safe space to talk and engage with something positive"

7

Group sessions held



Group members

8

28

Total attendances

"When I leave, I feel uplifted and not alone"



Attendees have described the group as:

"Friendly"

"Uplifting"

"Compassionate"

"Supportive"

"Lifeline"

"Loving"



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.

Some Social Connection clients have also become involved with other Justlife projects:



Common Ambition: Co-production project to improve health care for homeless people in Brighton & Hove



Creative Studio: Art workshops for people who have experienced homelessness

Thank you to our funders:

