



Module name: Changemakers: Creativity and Value Creation

Module code: BMHP5014

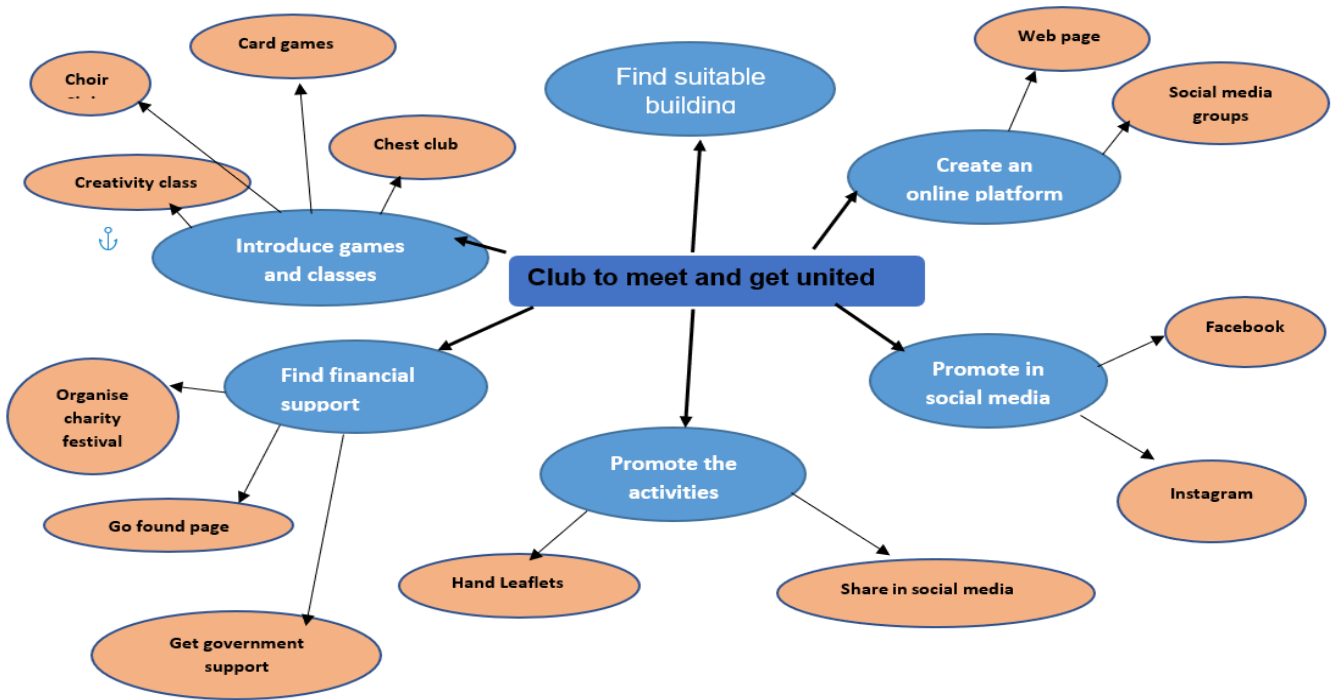
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Assignment name: Assessment 1 Online portfolio of set exercises (e-portfolio)

1. Mind map



Campaign name: Club to meet and get united

Club to Meet and United is a place where local lonely people can meet and socialise. The idea of the club is to promote and deliver different activities to local lonely people, such as playing games, choirs, creativity classes, and many more. Loneliness is a frequent and uncomfortable experience among the elderly, and it is related to a worse quality of life (Pitkala, K.H. et al. (2009)). Retiring from a job, the death of a spouse, and increased incapacity all result in a loss of social integrity. Loneliness is not just for the elderly-young people can suffer too. All people, regardless of age, may struggle to find a soul mate and need a place with acceptance by those who share the same values and interests (Wright-Bevans, K. (2018)).

Finding a suitable building

There is a community hall to rent, which has a kitchen and disabled toilet facilities. The hall also has its own tables and chair and outdoor space. We simply need to purchase some playing equipment, such as projectors and speakers.

Financial and economic support

Loneliness engagement fund provided by UK government. The Loneliness Engagement Fund offers unique benefits of £15.000 to £50.000 to communities that can effectively reach out to people who are at risk of lonely (GOV.UK (2021). Second step is to Create Go Found page and online donation platforms where we can ask people to donate whatever they can afford to our activity club project. Another action is to organise mini charity festivals, where participants can sell their unused items, home cooked food, their creative handmade items, sing in the choir and donate profits to our club found.

Creating and promoting an online platform

Creating our own page will help to introduce our mission to the community(www.meetandunited.co.uk). Social media such as, Facebook, Instagram, and Twitter can assist with finding new supporters and hard-to-reach audiences, building communities, generating revenue, and promoting events and activities.

Introduce the club activities and ideas

The aim of creating “Club to meet and united” is to provide lonely people with an activities option suitable to them and with the opportunity to find and meet people with similar interests and values. The idea is to have different activities on each day of the week. For example,

- Monday is for singing.
- Tuesday is chest club day.
- Wednesday is creativity day (painting, knitting, drawing etc.)
- Thursday is cards playing day
- Friday is freestyle, storytelling day.

The idea and aim of our club are to have something suitable for everyone. If someone suffering alone at home without knowing where to go and meet can join our club and attend in the day, they think is best for them and meet and have common conversation with people. We believe loneliness affects individuals of all ages and backgrounds. It can influence one's physical and mental well-being. The additional health and care services that lonely individuals require, as well as the potential contributions that those who are unable to connect may be get support and offer from our club and communities.

2. Flyer

**Club to meet and
united**

**LONELINESS
NO MORE!**

**Join our activity
classes**

- . Knitting
- . Painting
- . Singing
- . Playing games
- . Talking



Come to be part of us
www.meetandunited.co.uk



Engaging in the community more formally and actively may be a terrific approach to foster relationships. A "community development strategy based on assets" is a term that refers to bringing people together to solve problems or speak out about issues that affect all our communities. It's crucial to consider the settings and locations where we gather to interact, both formally and informally. We have settled the place where everyone can find something common and be able to share their thoughts and ideas.

Professionals in mental health and other services may better understand how older adults deal with loneliness by interacting with those who self-identify as being lonely. The body of research on therapies that effectively combat loneliness is diverse. Research looked at how lonely older persons in England who live in communities handle their feelings of loneliness. In-depth interviews were conducted with 28 older adults who identified as lonely between 2013 and 2014 based on their replies to two loneliness measures self-report and a standard instrument (Kharicha, K. (2021)) That is from where coming idea, if you create something commonly the people from community can share, they can be able to overcome their loneliness.

As we mentioned, the idea of our mini festivals which are good to bring people together, to work towards the same goal of supporting their play club financially. In the same way they can have great time where they can get to know more people like themselves. A shared purpose is what unites and strengthens individuals. I cannot think of a better definition than sharing a common aim... I believe there is a problem with the usage of numerous phrases. The term "community" is frequently used in an extremely loose manner, even when there is no actual group. Are they, like these start-up communities, true communities? How large can a community be and still be considered one? In reality, it is really difficult to describe what a community is (Poget,N.(2020).

However, we don't focus of the size of our community group, we can focus of the quality. We believe with help from social media advert, people recommendations and our flyers we can reach out to as many as possible lonely people and encourage them to join our club. The club to meet and united welcoming everyone from all ages, backgrounds and race. We want no one to suffer alone, no one deserve to be alone. Our idea is to provide this absolutely for free, we all know that sometimes financial difficulties can be huge barrier. Now is time. Start creating new connections with others to break the cycle of boredom and isolation. Join a new community where you can meet and converse with people with similar interests.

References

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