



Plymouth Social Isolation Forum
In partnership with
University of Plymouth
Presents

Opening Doors 2:
Showcasing Solutions to
Isolation and Loneliness

Wednesday 5th July 2023

9am to 4pm

Rolle Marque, University
Plymouth, Drake Circus,
Plymouth, PL4 8AA

admin@socialisolationforum.org.uk

Following the success of the Opening Doors exhibition and workshops, held in January 2023, we are running a follow-on event, Opening Doors 2.

We are delighted with the many opportunities that people have told us arose directly from the January event. The approach the Forum has been taking to

find solutions to isolation and loneliness is working but we need to keep up the momentum and reach more people.

Opening Doors 2 will bring many groups and individuals together to demonstrate the amazing variety of opportunities available in and around Plymouth to increase social connections and reduce loneliness.

This interactive free event is open to anyone who wants to find out what is available for individuals and groups looking for opportunities to make friends, learn new skills, volunteer, find where to go for support for mental health, dementia, cancer support, health and fitness, and much more.

Plymouth Social Isolation Forum is a partnership of community and voluntary sector organisations, relevant departments in statutory sector bodies, and commercial and corporate entities who are working in their local communities providing some exciting solutions to social isolation and loneliness.

Lack of social connection possesses a significant risk for individual health and longevity. Poor or insufficient social connection is associated with increased risk of heart disease, stroke, anxiety, depression, dementia and even susceptibility to viruses and respiratory illness. It can increase the risk for premature death as much as smoking 15 cigarettes a day.

Increasing social connections can lead to a fulfilled and happy life with enhanced satisfaction, educational attainment and performance at work. More-connected communities are healthier, safer and more prosperous.

(see videos at www.socialisolationforum.org.uk)

For more information please contact
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