

Help to tackle youth loneliness in Yorkshire

By getting involved in our pilot during Spring 2021

INC
360



65%

of young people believe loneliness is a problem for people their age, according to research carried out by the Co-op Foundation.

INC360 is a CIC tackling youth loneliness and promoting positive mental health and wellbeing for 8-13 year olds. We're running a series of workshops as part of a pilot which combines education, imagination and immersive technology.

What does our pilot look like?

- 1. Conduct interviews** with parents, teachers, youth workers, community group leaders, play specialists and children's wellbeing practitioners, to understand existing services.
- 2. Facilitate focus groups** with young people aged 8-13 years who use one of the above services or attend a community group.
- 3. Provide free workshops for local groups and schools** where users can experience an activity on a VR headset whilst also learning about the importance of wellbeing.
- 4. Gain feedback** from the participants, staff, volunteers and professionals to develop the service further.



Ready to get involved?

Volunteer yourself for an **interview** with our researcher



45-60 minutes online

Gather up to 5 your service users for a **focus group**



45-60 minutes online/F2F

Host a **workshop** at your school or venue for up to 10



60-90 minutes F2F

For more information visit our [website](#)

Or contact Steph: info@inc360.org | 07834809070 | Organisation Number: 12098768