## Help to tackle youth loneliness in Yorkshire

By getting involved in our pilot during Spring 2021



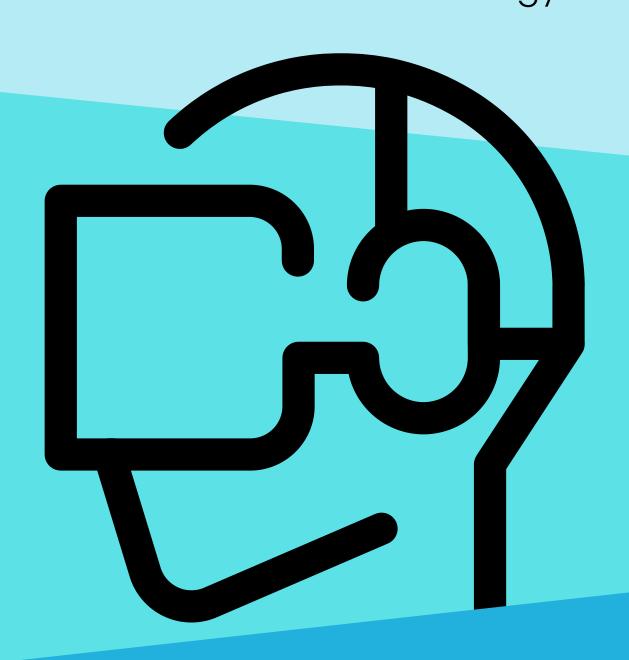


of young people believe loneliness is problem for people their age, according to research carried out by the Co-op Foundation.

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