

# THE LONELY CLUB

*Feeling lonely? Come and join us!*

**Brighton Hub | Hanover Community Centre**  
Sundays | 12-4pm | Adults 18+



## What to expect:

- Calm, creative activities
- Optional gentle **Sunday** stroll
- No pressure **to talk**
- **Quiet** corner
- **Tea & snacks** provided
- Completely **free!**

*A friendly drop-in space  
to be around others **at**  
**your own pace***

## Drop in dates:

8 <sup>th</sup> Feb	1 <sup>st</sup> March
15 <sup>th</sup> Feb	8 <sup>th</sup> March
22 <sup>nd</sup> Feb	15 <sup>th</sup> March

*Weekly themes including  
creative calm, reading &  
reflection, skill-sharing &  
micro-connections!*



Follow  
**@\_thelonelyclub**

Get in touch with Lara at  
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for more info!

# THE LONELY CLUB

**Brighton Hub | Hanover Community Centre**  
Sundays | 12-4pm | Adults 18+

*A 6-week pilot exploring connection, creativity & community  
(Drop in, stay as long as you like)*

**8<sup>TH</sup>  
FEB**

## **Week 1 - Welcome & Gentle Icebreakers**

*Vibe: relaxed, low-pressure, settling in.  
An easy introduction to the space and each other.*

**15<sup>TH</sup>  
FEB**

## **Week 2 - Creative Calm**

*Vibe: soothing, playful, unhurried.  
A slower Sunday focused on mindful creativity.*

**22<sup>ND</sup>  
FEB**

## **Week 3 - Reading & Reflection**

*Vibe: quiet, thoughtful, cosy.  
A softer session with books, journaling & Lonely Book Nook.*

**1<sup>ST</sup>  
MAR**

## **Week 4 - Micro-Connections**

*Vibe: gentle interaction, shared moments.  
Small, optional ways to connect through conversation.*

**8<sup>TH</sup>  
MAR**

## **Week 5 - Skill Swap Sunday**

*Vibe: curious, collaborative, encouraging.  
A chance to share small skills & creative ideas.*

**15<sup>TH</sup>  
MAR**

## **Week 6 - Celebration & Reflection**

*Vibe: reflective, affirming, closing together.  
Looking back at our six weeks and marking the end of the pilot.*

- Optional introductory strolls
- Space to sit quietly or join in
- No pressure to talk or take part

*More details via [@\\_thelonelyclub](https://twitter.com/_thelonelyclub)*