

# 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!**

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

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

## Drop in dates:

**8<sup>th</sup> Feb**  
**15<sup>th</sup> Feb**  
**22<sup>nd</sup> Feb**

**1<sup>st</sup> March**  
**8<sup>th</sup> March**  
**15<sup>th</sup> March**



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Get in touch with Lara at  
**lara@thelonelyclub.co.site**  
for more info!



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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](#)