

# YOUNG WOMEN'S FILM ACADEMY

## Loneliness 'Never far from home'

### The Story behind Loneliness

Never far from home, is an intergenerational film project in which young people we work with have collaborated with Newcastle based older women to develop and produce a short film about issues related to wellbeing and loneliness. It explores the theme through the eyes of both generations, and highlights some of the similar lived experience of people in our city, no matter their age.

Who the resource pack is for...

This pack has been designed to be used in schools, youth projects and other settings where young people come together.

It is aimed at working with girls and young women, however it works with mixed groups too.

It is suitable for ages 12-25 years

Group can be 1:1 or a class size

The workshop is 1 hour/lesson length and you just need equipment to watch the film, flipchart and pens.

For the Youth workers/teachers...

Always do a group agreement at the start of the session to keep both the young people and yourself 'safe' in the session.

The issues that are explored in the film might bring up feelings for some of your group. If so make sure you have to hand some local help and advice organisations that you can refer them to. Here are some national ones that we have found useful:

[www.kooth.co.uk](http://www.kooth.co.uk)

If you would like any other support in how to use this resource, please feel free to email our team on [info@youngwomensfilmacademy.co.uk](mailto:info@youngwomensfilmacademy.co.uk) and we will be happy to help!

[www.youngwomensfilmacademy.co.uk](http://www.youngwomensfilmacademy.co.uk)