



On 23rd September a new campaign launched across Essex called United in Kind. We would like CAMRA to join the United in Kind movement to tackle loneliness through kindness, creating connections in our community to overcome one of the biggest issue we face.

We are more connected than ever before, but we're also experiencing loneliness. Let's spread kindness together to tackle loneliness. CAMRA members and pubs are some of the most friendly and social in the County.

A small kind act can make a big difference to how connected someone feels to their community, and these connections can build into something bigger to tackle loneliness. Whether it is a small act of kindness from one individual to another or something you do as a branch we are asking you to join us on 13 November for World Kindness Day and spread kindness across Essex.

The campaign is part of a bigger project to help alleviate loneliness across the county. Thanks to funding from Essex County Council there are twelve United in Kind Coaches working across Essex, aiming to help reduce social isolation and loneliness at a community level. We would love to work with you in your community to help make pubs the center of social community life. Whether that is passing on small acts of kindness, learning together or tidying together we want you to get involved.

If you would like to get involved or find out more please contact Sarah Sapsford sarah.sapsford@essexrcc.org.uk who will put you in touch with your local Coach.

#UnitedInKind