**Thunderclap June 2024 - SOCIAL MEDIA FOR THE OPEN UP CAMPAIGN**

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| **Monday 10 June -**  **Post 1 – Time: 6am**  **Post 2 – Time: 1pm**  **Post 3 - Time: 7pm** | | |
| Image | X | Facebook / LinkedIn |
| Post 1  Sophie Video - Parents  A hand holding a toy  Description automatically generated | To mark #LonelinessAwarenessWeek 2024, **@NHSSTW** has launched a new initiative to address #loneliness among children in the region.  There are lots of ways you can help your child tackle loneliness and encourage connection and well-being: ➡️ <https://www.shropshiretelfordandwrekin.nhs.uk/news/open-up-campaign-launched-to-help-prevent-loneliness-in-children> | To mark #LonelinessAwarenessWeek 2024, **@NHSSTW** has launched a new initiative to address #loneliness among children in the region.  The 'Open Up' campaign seeks to raise awareness about the signs of loneliness and provide practical guidance and support to parents, carers, and children on how to prevent and combat #loneliness.  There are lots of ways you can help your child tackle loneliness and encourage connection and well-being: ➡️ <https://www.shropshiretelfordandwrekin.nhs.uk/news/open-up-campaign-launched-to-help-prevent-loneliness-in-children> |
| Post 2  Lucas Static - Parents  A couple of children's toys  Description automatically generated with medium confidence | Signs of #loneliness can be hard to spot as young people struggle to #OpenUp about how they’re feeling 😔  Find out more about the signs of loneliness and how you can help a child open up this #LonelinessAwarenessWeek ➡️ open-up.co.uk | Signs of #loneliness can be hard to spot as young people struggle to #OpenUp about how they’re feeling 😔  Find out more about the signs of loneliness and how you can help a child open up this #LonelinessAwarenessWeek ➡️ open-up.co.uk |
| Post 3  Zara Video - Parents | A child may appear happy on the outside 😃 when, on the inside, they feel lonely 😟  This #LonelinessAwarenessWeek, find out more about how you can help a to #OpenUp ➡️ open-up.co.uk | A child may appear happy on the outside 😃 when, on the inside, they feel lonely 😟  This #LonelinessAwarenessWeek, find out more about how you can help a to #OpenUp ➡️ open-up.co.uk |
| **Tuesday 11 June 2024**  **Time: 6 am** | | |
| Zara Static - Parents  A toy dolls with a child inside  Description automatically generated with medium confidence | 1 in 9 young people sometimes feel lonely. Signs of #loneliness can be hard to spot 😕  This #LonelinessAwarenessWeek, find out more about the signs of loneliness and how you can help a child #OpenUp ➡️ open-up.co.uk | 1 in 9 young people sometimes feel lonely. Signs of #loneliness can be hard to spot 😕  This #LonelinessAwarenessWeek, find out more about the signs of loneliness and how you can help a child #OpenUp ➡️ open-up.co.uk |
| **Wednesday 12 June 2024**  **Time: 7pm** | | |
| William Video – Parents | Signs of #loneliness can be hard to spot as young people struggle to #OpenUp about how they’re feeling.  Signs of loneliness can include:  😔Lack of social connection  🥺Low mood and lack of interest  Find out how to spot the signs of loneliness in children ➡️ open-up.co.uk | Signs of #loneliness can be hard to spot as young people struggle to #OpenUp about how they’re feeling.  Signs of loneliness can include:  😔Lack of social connection  🥺Low mood and lack of interest  Find out how to spot the signs of loneliness in children ➡️ open-up.co.uk |
| **Thursday 13 June 2024**  **Time: 4pm** | | |
| Sophie Static - Parents  A couple of dolls with faces  Description automatically generated with medium confidence | A child may appear happy on the outside 😃 when, on the inside, they feel #lonely 😟  This #LonelinessAwarenessWeek, find out more about the signs of loneliness and how you can help a child #OpenUp ➡️ open-up.co.uk | A child may appear happy on the outside 😃 when, on the inside, they feel #lonely 😟  This #LonelinessAwarenessWeek, find out more about the signs of loneliness and how you can help a child #OpenUp ➡️ open-up.co.uk |
| **Friday 14 June 2024**  **Time: 6am** | | |
| Lucas Video - Parents  A hand holding a couple of cups  Description automatically generated | This week is #LonelinessAwarenessWeek. It can be hard to talk about feeling lonely, children & young people might not want to say they don’t have friends or feel left out 👪  Find out more about the signs of loneliness & how you can help a child #OpenUp ➡️ open-up.co.uk | This week is #LonelinessAwarenessWeek. It can be hard to talk about feeling lonely, children and young people might not want to say that they don’t have friends or feel left out 👪  Find out more about the signs of loneliness and how you can help a child #OpenUp ➡️ open-up.co.uk |
| **Saturday 15 June 2024**  **Time: 6pm** | | |
| Williams Static - Parents | This week is #LonelinessAwarenessWeek. A child choosing to be by themselves or enjoying their own company is different to loneliness.  ❗ It’s important to know what to look out for and where to go to seek help. Find out more ➡️ open-up.co.uk | This week is #LonelinessAwarenessWeek. A child choosing to be by themselves or enjoying their own company is different to loneliness.  ❗ It’s important to know what to look out for and where to go to seek help. Find out more ➡️ open-up.co.uk |
| **Sunday 16 June 2024**  **Time: 8am** | | |
| Zara Video – Parents | A child may appear happy on the outside 😃 when, on the inside, they feel #lonely 😟  This #LonelinessAwarenessWeek, find out more about the signs of loneliness and how you can help a child #OpenUp ➡️ open-up.co.uk | A child may appear happy on the outside 😃 when, on the inside, they feel #lonely 😟  This #LonelinessAwarenessWeek, find out more about the signs of loneliness and how you can help a child #OpenUp ➡️ open-up.co.uk |