

Workshop 3 – Tackling loneliness: what works in North Yorkshire from a funder’s perspective

Facilitator: Jan Garrill Two Ridings Community Foundation

The issue of loneliness is nationally acknowledged as a matter for concern and evidence shows that the effect of loneliness and isolation on mortality exceeds the impact of well-known risk factors such as obesity, and has a similar influence as cigarette smoking. (*Holt-Lunstad, 2010*).

Something clearly needs to be done to tackle such a serious issue, but what? This workshop will showcase good practice projects in North Yorkshire and give a flavour of what has been funded in a large rural county.



Two Ridings use data and theory of change to focus their thinking. Other funders or commissioners will approach it differently – depending on their budgets, focus and where they work.

Aim of this session was to get attendees to share wisdom and in the time available build some connections and potentially spark some ideas for collaboration in terms of what are the issues to be tackled? What is North Yorkshire like in this area in comparison to other places? What work is already happening? What more could we do?

Outcomes

The following were identified in the workshop discussions:

Ideas for replication elsewhere in county

Item	Where operates	What good
Craven Communities Together	Craven	Building on back of what already happening – conversations build relationships through creating the space but needs a driving force (person)
Compass toolkit	Craven Selby	Finding ways to keep people connected & aids interagency referrals

Item	Where operates	What good
Frontline conversations	Craven Mental Health & Wellbeing Forum	Bring the stories back and lived experience feedback. Used Strength based assessments
Information booklets	Selby	What's on re info on local services
Merging Services	No specific examples other than West Yorkshire Third Sector Leaders	

Ideas for collaboration

Item	Where operates	Commentary
Craven Communities Together	Craven	Not just a talking shop but creates action- via monthly stakeholder meetings – loneliness picked as an early theme but used to celebrate what is working
Craven Mental Health & Wellbeing Forum	Craven	Mental Health First Aid & NHS providing training
Yorkshire Dales as a natural capital		£1 invested in walking results in £7 saving in NHS
Radical Action		Access sorted to canal tow path when official routes had failed
Selby District Disability Forum & LDPB	Selby	
Working together over funding applications	Scarborough & Ryedale	Build on existing collaboration
Community Transport Wednesday Group	Harrogate (Masham)	Uses Facebook for needs
LOCAL LOTTO	Harrogate	Great for local area
Peer led facilitation skills development and opportunities		

Where are there gaps in provision (activity, funding or knowledge)?

Idea	Which table raised issue	Commentary
Need wide audience in mental health groups – e.g. GPs, and groups – doesn't have the same reach as Craven Communities Together	Craven/Richmond	
Toilets, changing places facility	Selby	
Befriending to enable individuals to make their own connections and gain confidence	Selby, Scarborough & Ryedale	
Transport	Scarborough & Ryedale Harrogate & Hambleton	Needs continuation of services that are already running

<i>Idea</i>	<i>Which table raised issue</i>	<i>Commentary</i>
Songs and Scones and Farmers Breakfasts Meals on wheels Shopping services Help for hoarders, decorating	Scarborough & Ryedale	Big waiting lists
Volunteers	Harrogate and Hambleton	