

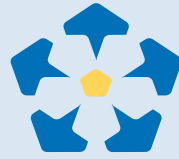
Community First
Yorkshire

Turbocharging our response to loneliness

The Loneliness Project - Campaign To End Loneliness

<https://www.youtube.com/watch?v=IYc85A8f2CM>

“Be More Us” campaign, hosted by the Campaign to End Loneliness: <http://bemoreus.org.uk/>



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Young people – Loneliness Connects Us

Report – executive summary

separate sheet – for discussion

- Social conditions and experiences
- Young people and acts of friendship



Turbocharging our response to loneliness

Loneliness characteristics – Community Life Survey ONS

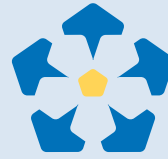
5% of adults reported feeling lonely 'often' or 'always'

16% reported feeling lonely 'some' of the time

Over 50% say it's been a long time since they made a new friend or connection

People reporting feeling lonely:

- younger adults 16 to 24 years more than older age groups
- women more often than men
- single or widowed
- those in poor health or who have 'limiting' conditions
- people renting their homes more often than homeowners
- feel they belong less strongly to their neighbourhood
- have little trust of others or connectivity in their local area



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Risk factors associated with loneliness and isolation*

Socio demographic Factors

Age*

Gender

Living alone*

Marital status*

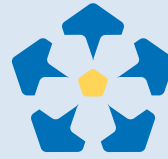
Availability of family and friends

Financial Resources*

Housing Tenure

Educational level

Access to a car



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Risk factors associated with loneliness and isolation

Health Factors

Functional status*

Disability*

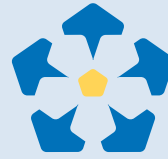
Being a carer

Perceived health

Depression

Onset of illness

Cognitive impairment*



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Risk factors associated with loneliness and isolation

Life Events

Widowhood

Admittance to a care home*

Retirement migration

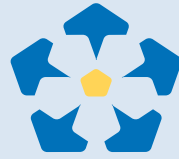
Social Isolation as Function of Location

Urban /rural risk factors

Lack of accessible transport

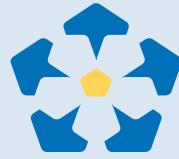
Lack of local facilities

Source: Swansea University, Campaign To End Loneliness



Capturing how people talk about loneliness

///I still find it quite **difficult being on my own** sometimes because I sort of go to bed and **feel lonely as I get in to bed.** and I'll sit and read for a good hour or so, with the radio on, and **I'm sort of hoping I'm getting tired!** ///I will switch the light off and go to sleep, but **I often lie awake for an hour or more and during that time, umm, I'll be reviewing the day or thinking ahead, but also sometimes you know the loneliness bit creeps in** //night time I would think, yes, and obviously then, if I do have longer periods to myself, **if I'm not particularly doing anything, something might crop up in the paper or as I'm doing something around the house, a memory**///I think **winter** doesn't help normally because, in the summer, I can, I suppose, be more active and go out more



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Pathways out of Loneliness (University of Kent)

1. Less clear is if existing individual services alone can provide pathways out of loneliness
2. Increasing use of first contact tools to identify older people who are experiencing loneliness and in need of greater support, not yet fully adopted across all services, networks or localities
3. Identification without effective strategies for reaching, building relationships and promoting participation may be of limited value