

Thriving Communities webinar: Loneliness and Social Prescribing

Instructions:

- Sound - you may need to unmute to hear sound. There is holding music to let you know when your sound is working
- You can make the webinar full screen with the button at the bottom right of the video screen
- Q&A will be moderated
- You can chat with others via our Network. Please join at <https://socialprescribingacademy.org.uk/thriving-communities/network/>

11 May 2021, 3-4pm





Welcome

Chaired by

Jim Burt

Head of Development and
Partnerships

National Academy for Social
Prescribing

[@NASPTweets](#)

[#ThrivingCommunities](#)

Housekeeping:

- Please note we are **recording** this webinar



Today we will be hearing from

Charlotte Hill, Tackling Loneliness Team, Department for Digital, Culture, Media and Sport

Simon Sherbersky, Strategic Director, Torbay Community Development Trust

Jackie Jamieson, Community Linking Project Development Manager, Edbert's House





Department for
Digital, Culture,
Media & Sport

Tackling Loneliness

May 2021



Department for
Digital, Culture,
Media & Sport



**COMMUNITY
FUND**

LET'S TALK
LONELINESS

Tackling Loneliness Team



HM Government

A connected society

A strategy for tackling loneliness –

laying the foundations for change



News story

**Government launches plan to tackle
loneliness during coronavirus
lockdown**

Policy paper

Loneliness Annual Report January 2020

Published 20 January 2020



Loneliness Quiz



People who are lonely are at increased risk of coronary heart disease, stroke, depression and Alzheimer's

TRUE

FALSE



Loneliness Quiz

LET'S TALK
LONELINESS

The percentage of adults reporting that they lack companionship 'always' or 'often' is 11%

TRUE

FALSE



Loneliness Quiz



People in the age group 65 - 74 are the most likely to experience loneliness

TRUE

FALSE



Loneliness Quiz

LET'S TALK
LONELINESS

Loneliness is estimated to cost the UK economy £1 billion a year

TRUE

FALSE



Loneliness Quiz

LET'S TALK
LONELINESS

15% of children on free school meals said they
were 'often' lonely

TRUE

FALSE



Loneliness Quiz



A quarter of UK workers have quit their jobs as a result of workplace loneliness

TRUE

FALSE



What is loneliness?

LET'S TALK
LONELINESS

Loneliness is “the subjective, unwelcome feeling of lack or loss of companionship. It happens when we have a mismatch between the quantity and quality of social relationship that we have, and those that we want”.

CERTAIN LIFE EVENTS CAN MAKE US MORE LIKELY TO FEEL LONELY

- HERE ARE SOME...

"Loneliness doesn't discriminate"

- JO COX

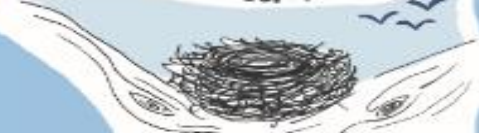
BEREAVEMENT



ENTERING A PERIOD OF POOR HEALTH



CHILDREN LEAVING HOME



RETIREMENT

MOVING INTO CARE



DIVORCE & RELATIONSHIP BREAKDOWN



REFUGEES -AWAITING ASYLUM



LEAVING CARE



BECOMING HOME LESS



SCHOOL



BECOMING A PARENT



BECOMING A CARER



LIVING WITH DISABILITY



MAKING CONNECTIONS



BULLYING



MOVING JOBS

MOVING HOME



LOSING A JOB

EXPERIENCING DISCRIMINATION



LIVING IN AN ABUSIVE ENVIRONMENT



BEING A VICTIM OF CRIME



Coming up next:

Simon Sherbersky
Strategic Director
Torbay Community Development Trust



Ageing Well Torbay - A Social Prescribing Ecosystem to tackle social isolation and loneliness for people over 50



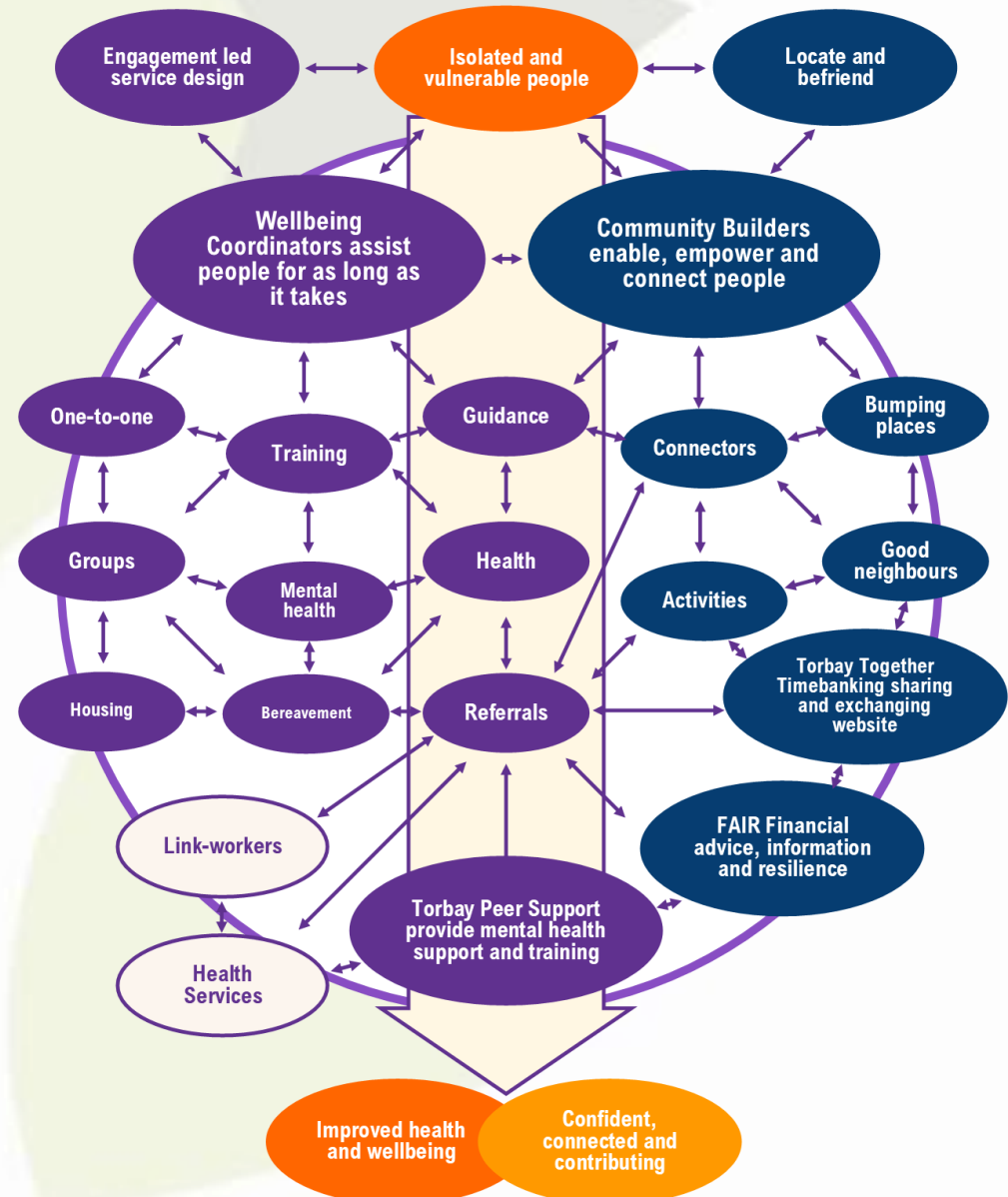
Context:

- National Lottery Community Fund National test and learn to enable people to Ageing Better, tackling social isolation and loneliness for 50+
- Called Ageing Well Torbay using key principles:
- Engagement led / strengths / asset based (ABCD) / truly co designed, produced and governed
- Engaging over 6000 isolated people over 50 and enabling them to be engaged and connected and living lives of value and purpose
- National Evaluation led by ECORYS, using a common assessment framework (CMF) questionnaire, with SERIO Local Evaluation and CBA

Social Prescribing Ecosystem



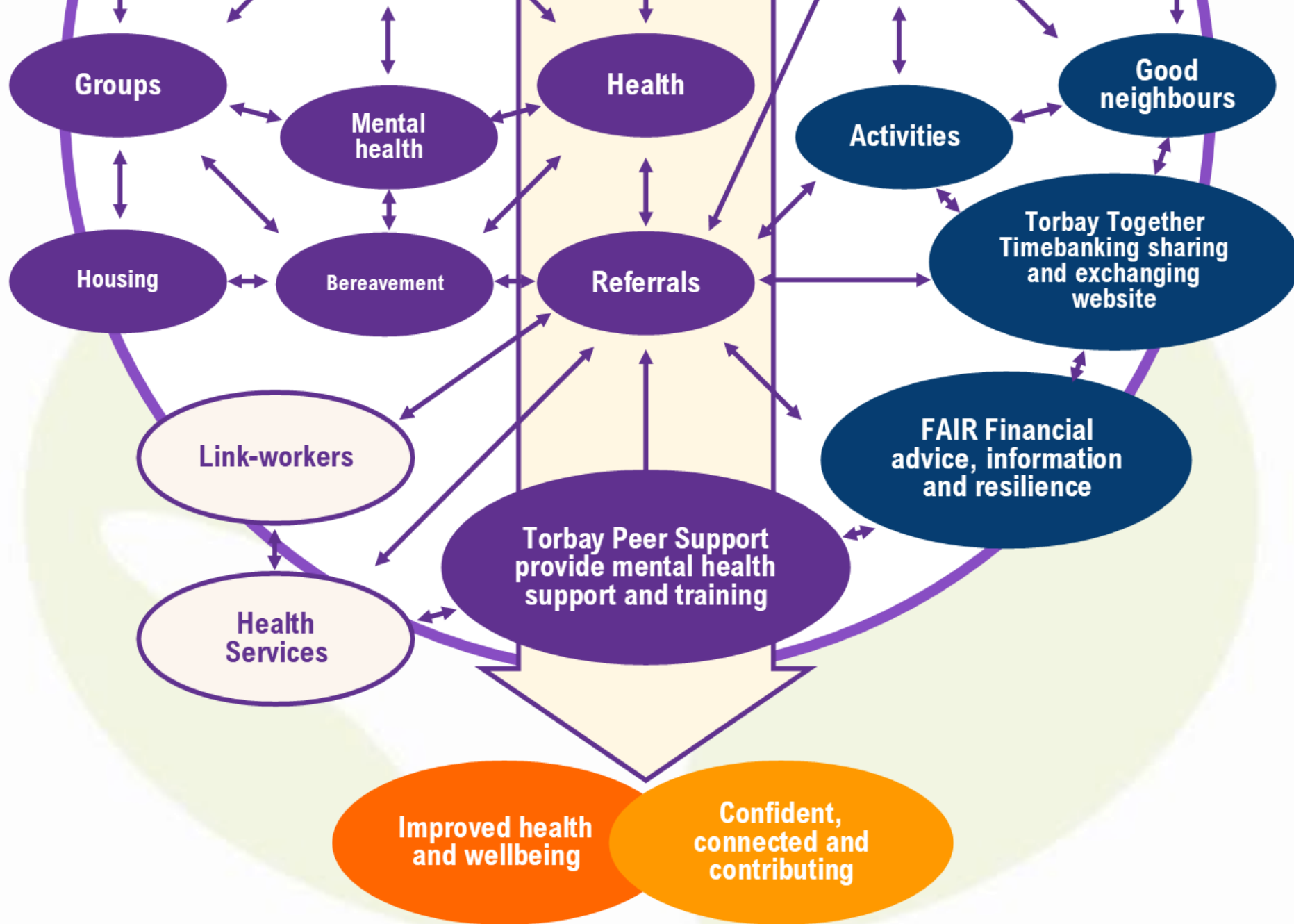
Our ecosystem for social prescribing



This ecosystem continues to evolve and grow.

Our ecosystem for social prescribing





This ecosystem continues to evolve and grow.



Hear Tim's story

Wellbeing Coordinators,
Age UK Torbay, YouTube interview link
<https://bit.ly/sphelpedme>

<https://bit.ly/sphelpedme>

Torbay Programme Approach

- **CRM/Apricot** – All the partners upload data on a quarterly basis so we can run reports for ECORYS (national) and SERIO (local) incl CMF data and elements below.
- **Social prescribing ecosystem – Community Builders (ABCD) and Wellbeing Co-ordinators**
- **Story capture** – spoken, written, podcasts, videos...
- **Learning and impact reports** @ [Legacy & Learning – Ageing Well Torbay](#)

Key CMF data capture - De Jong Gierveld Scale

- The CMF includes the De Jong Gierveld scale to measure loneliness. This is a 6-item scale, containing three statements about 'social loneliness' (SL), which occurs when someone is missing a wider social network, and three statements about 'emotional loneliness' (EL), which is caused when someone is missing an intimate relationship.
- **Across all projects, the data suggests that respondents were less lonely at the time of exit than they were on entry to the project. Entry average loneliness score: 3.7 Exit average loneliness score: 3.1**
- **Respondents from the Neighbourhoods project have seen the biggest reduction in loneliness, with overall loneliness reducing from 3.6 on entry to 2.6 on exit.**

Key CMF data capture - UCLA Loneliness Scale

- The UCLA Loneliness Scale is comprised of 3 questions that measure three dimensions of loneliness; relational connectedness; social connectedness; and, self-perceived isolation.
- **Across all projects the percentage of participants classed as being lonely has decreased between entry to the project and exiting the project, from 61% to 47%.**
- **Respondents from the Neighbourhoods project have also seen a more substantial reduction in loneliness, with those being classed as lonely reducing from 58% on entry to 39% on exit**

Data harvested from CMF questionnaires

A survey of participants over five years of the programme shows the success of the Ageing Well Torbay programme: This is data from April 2015 to March 2020.

- **People's sense of community** increased from 28.7 to 31.1– up 2.4 points.
- **People who meet up with friends and family** increased from 63% on entry to 74% on exit – up 11 points.
- **The number of family members and friends in people lives have increased.** The number of friends increased from an average of 5.3 friends to an average of 7.9 friends – up 2.6 points.
- There was an increase in the proportion of **people who felt they participated in social activities 'more than most'** compared to other people of their age, up from 11% to 21% – up 10 points.
- **Respondents became less lonely**, as recorded through three measures of loneliness. From 3.7 to 3.1 down 0.6 points (De Jong Gierveld scale). From 61% to 47% - down 14 points (UCLA). From 5.3 to 4.0 down 1.3 points (Campaign to End Loneliness scale).
- **Mental wellbeing has improved** from 21.7 to 24.3 up 2.6 points. Fewer people reported experiencing anxiety and depression.

Data harvested from CMF questionnaires

- **Perceptions of Ageing have improved.** “As I get older, I expect to be able to do the things I’ve always done” saw the largest increase in levels of agreement increasing from 54% to 61%.
- **Influencing decision-making improved.** “My local community works together to identify and implement action for the benefit of the community” seeing the biggest increase, from 45% to 57% - up 12% points.
- **Openness to volunteering improved.** For example - do you intend to volunteer in the future? - increased from 29% to 35% – up 6 points.
- **Health improvements.** 30% stated that they were **not anxious or depressed** at entry, increasing to 42% on exit. The survey indicated an improved perceived state of health with an average health score of 57 increasing to 64 – up 7 points.
- **Accessing health and care services** showed a decrease in the percentage of people who were admitted to hospital in the previous 12 months from 69% to 63% – down 6 points.
- **Value and purpose** – peoples self-acceptance scores increased from 6.8 to 7.8 – up 1.0 points.

Wellbeing Cost Benefit Analysis

Change in health and social care activity (average rate)

Area	Outcomes	No.	12 months before entry (mean per person-year)	12 months after entry (mean per person-year)	Difference in rates	% change
South Devon						
	ED	154	1.12	1.31	0.19	16.8%
	IP	154	1.23	1.89	0.66	54.0%
	IP - LOS	154	7.58	12.58	5.00	65.9%
	OP	154	3.97	5.06	1.08	27.3%
	Community	154	12.79	15.49	2.71	21.2%
	Social care	154	30.16	86.26	56.09	186.0%
Torbay						
	ED	81	1.10	0.84	-0.26	-23.6%
	IP	81	1.25	0.91	-0.33	-26.7%
	IP - LOS	81	4.09	2.52	-1.57	-38.4%
	OP	81	4.42	4.49	0.07	1.7%
	Community	81	5.47	3.84	-1.63	-29.8%
	Social care	81	27.95	39.81	11.86	42.4%

- There has been a decrease increase in activity rates in Torbay for all service except outpatients (OP), but an across the board increase in South Devon



Stress, self-
Assertiveness
Guide to self-
The challenge
Get the life you
Transferable ski
Occupational pro
CV creation
Fig

Stimulating contribution...over 300 citizen led actions



Beach Yoga...

TOFA – Torbay Over 50's Assembly





Annual Ageing Well Festival...



Flashmob...

Quotes:

- ***‘Community Builders are the key – ‘I’m involved in other things in Torbay, with older people who can get out and do things – and the key (for people who can’t get out) are the Community Builders. They are the ones who have been identifying those that aren’t involved in groups and in the most need of friendships and getting out. I just hope that when Ageing Well finished that Community Builders somehow continue the way they do. It’s clearly made a huge difference to those people who don’t get out, who don’t use the internet who aren’t members of clubs. It’s made a huge difference to them. They are the ones through my Community Builder I’ve met – people who are on their own.’ Frank Wye 2021***
- ***‘Age UK Torbay and the community builders are angels. They have given me my life back.’ Sylvia 2020***
- ***‘You are all brilliant. I can’t thank you enough for everything that you are doing for me. I thank you for your compassion, your enthusiasm and your empathy. I feel even stronger about that now.’ Peter 2020 about Wellbeing Coordinators***

TORBAY COMMUNITY HELPLINE

ONE CALL THAT'S ALL 01803 446 022

Voluntary Sector Led





For further information please contact:

John Arcus, Ageing Well Torbay Programme Manager

Johnarcus@torbaycdt.org.uk or 07548 704877

[Legacy & Learning – Ageing Well Torbay](#)



National
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Coming up next:
Jackie Jamieson
Community Linking Project Development
Manager, Edbert's House



Edberts House



**Community Linking Project
Edberts House
Gateshead**

Jackie Jamieson – Community Linking Project Development Manager

Who are we?



<http://edbertshouse.org/community-linking>
https://www.youtube.com/watch?v=Gsl_jznoXrA&t=6s



- Edberts House is a thriving community charity managing four community projects in East Gateshead: Edberts House, Pattinson House, Larkspur House and Community Linking Project.
- Work with local residents to make communities happier, healthier and welcoming places to live.
- Since 2015 our Community Linking Project has contributed to the health and wellbeing of patients in East Gateshead.
- Now working with all GP surgeries across Gateshead

Edberts House



Building Connections Fund

- Supported 2 x part-time Community Link Workers for 2 years
- Pilot existing SP model in rural communities to address loneliness
- Working across 4 GP surgeries in Outer West
- In partnership with Gateshead Older Peoples Assembly (GOPA)

www.gatesheadopa.org.uk @GatesheadOPA





Building Connections – Identifying Loneliness

“Bert deliberately picked off the scabs from his wounds that had already healed over so that the nurse would have to continue visiting, as he had no one else to talk to.”



Building Connections – Identifying Loneliness

- Recognition of loneliness
- Causes and impact
- Co-ordinated approach
- Tailoring support available
- Other underlying issues
- Multiple and complex needs



Edberts House



Building Connections – Addressing Loneliness

- Spending time with patients – identify causes, areas of interest, build trust working towards goals and objectives
- Making connections and building relationships
- Community mapping and local intelligence
- Becoming integral part of practice team
- Embedding social prescribing in primary care
- Access to EMIS and recording interventions
- Understanding wider impact on wellbeing

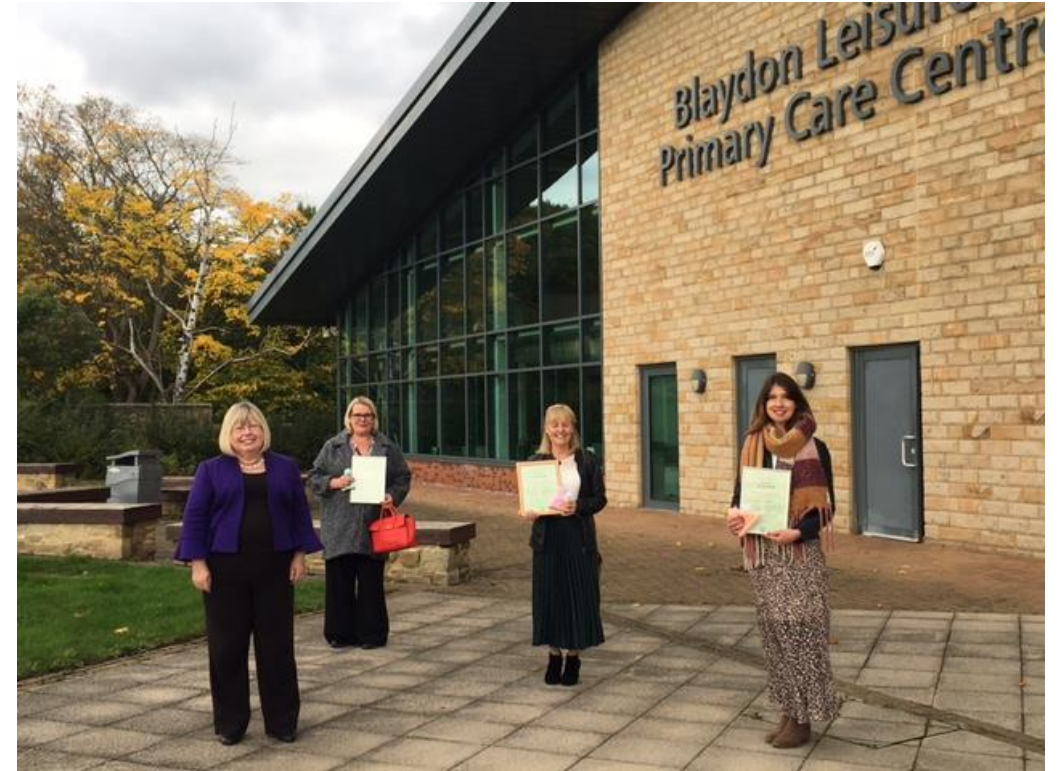


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Impact so far...

- 80% identified a reduction in loneliness post SP
- Holistic interventions towards improved health and wellbeing
- Angel Award from @LizTwistMP in recognition of efforts during Covid



“...my link worker has been unbelievable with support across a huge range of areas...made me feel like a human being and never like a failure for needing help.”

Edberts House



Challenges

- Impact of Covid on VCS and local community provision
- Easing of lockdown and adapting to working practices
- Reduction in face-to-face contact
- Overwhelming increase in levels of support and need
- Working with Primary Care Networks (PCNs)
- Engagement and involvement in social prescribing



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Helping to reduce loneliness through social prescribing

- Never underestimate the impact you have on someone
- Maintain up-to-date knowledge of local area and developments
- You are building connections within communities
- Contributing to community led population health management
- Share case studies and examples of impact on patients
- Look after your own wellbeing!



*Top
Tips*

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Local response in reducing loneliness

- Valuable resource to PCNs
- Working with LA and community hubs
- SPLW Covid response
- Digital inclusion
- Covid champions - PHE
- Partnership working across Gateshead
- Going the extra mile...



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Partnership Working

- Care Co-ordinators and Health Care Assistants
- Community Psychiatric Nurse (CPN)
- Secured £200k in benefits with support from local advisor
- Live at Home scheme, Age UK, community champions
- DWP/JC+ working with health coaches
- National Trust - Gibside
- Forestry England – Chopwell Woods



Happy to Chat Bench

Please sit here if you're happy for
someone to stop and say hello



GATESHEAD
OLDER PEOPLE'S
ASSEMBLY



GatesheadOPA

Edberts House



Community Linking Project

<http://edbertshouse.org/community-linking>

Jackie@edbertshouse.org

facebook.com/communitylinkingproject/



@edbertshouseCLP



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Thank you

Our next webinar is about Heritage and Social Prescribing.

For more details and to register please visit:

<https://socialprescribingacademy.org.uk/thriving-communities-webinars/>



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