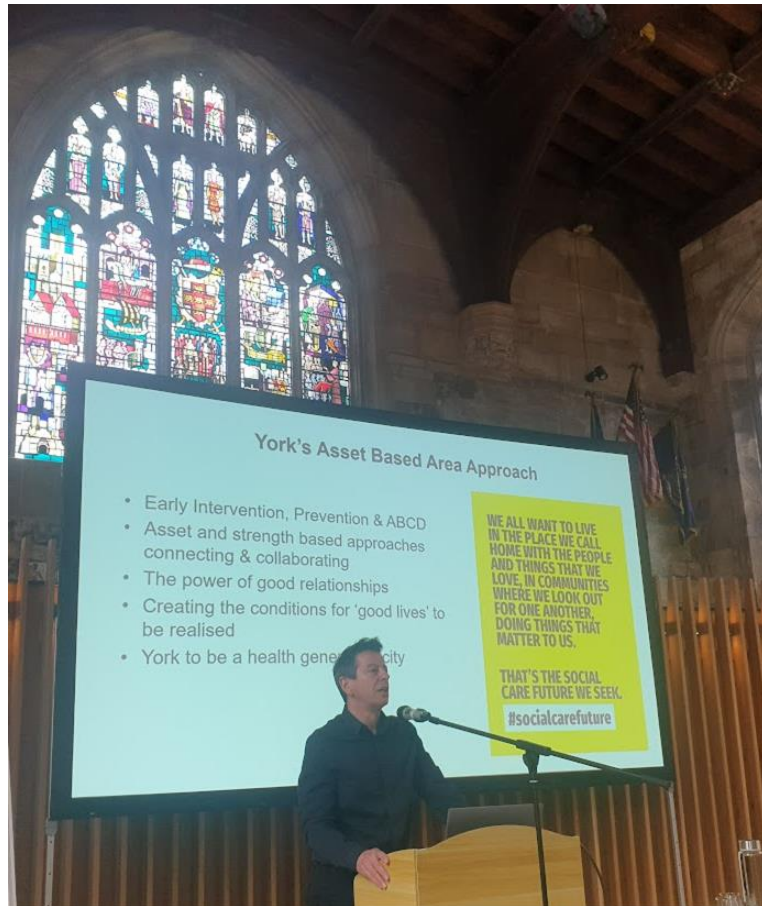




Loneliness Evidence Showcase

Overview & reflections

Overview of event



The event was a mixture of presentations, lived experience videos, and roundtable discussions delivered jointly by CYC staff and academics working in the area of loneliness & isolation.

The event was sponsored by the Curiosity Partnership, a partnership which York are a part of, designed to build researcher and research capacity, knowledge and understanding of the value of evidence based practice.

Attendee summary



15 Local Authority employees:

Senior LACs, social workers, public health improvement officers & health and transformation officers



19 public/VCS employees:

Organisations such as Age UK York, Alzheimers Society, St Leonards Hospice & the Carer's Centre



8 Academic/researchers



Overview of event

Setting the scene

- York's Asset Based Area Approach
- Innovations in community-centred support
- The experience of loneliness
- York's position in relation to social isolation
- Social prescribing in York

Dr Kalpa Karicha

- Loneliness policy & in the media
- Definitions of loneliness, characteristics, prevalence
- Risk factors, trigger events, health
- Measuring loneliness, gathering evidence, identifying solutions
- Frameworks for embedding loneliness approaches at a community level

The lived experience of loneliness

- Catalyst films exploring experiences of loneliness

Roundtable discussion 1

- General reflections on talks and films
- Did anything surprise you? Did anything resonate with you?
- Who is affected by loneliness? What facilitates connections or belonging?



Innovations in community-centred support

There are many community centred approaches out there: this is a tiny selection. More information can be found on the Think Local Act Personal website.



The loneliness epidemic: We're more connected than ever - but are we feeling more alone?

Social pain is as real a sensation for us as physical pain, and research has shown loneliness impacts on health in a greater way than smoking or obesity.

Rebecca Harris • Monday 30 March 2015 18:03 BST • 0 Comments



Roundtable 1

- Anyone can be affected by loneliness, but more concern for young people, parents of young children (particularly those with special needs), unpaid carers, care home residents and the bereaved.
- Gender differences in loneliness - more common in women.
- Familial and friend support networks don't necessarily prevent loneliness.
- First steps are often the hardest - seeking out support is challenging.
- Misconceptions around only older people being lonely.
- The impact of the pandemic and overuse of technology impacting on communication skills.

Overview of event

Local Area Coordination (LAC)

- Place and strengths based approach
- Systems impact data
- The York Good Life Survey
- Value of being there

York Cares Social Connections Programme

- Social connections
- Social clubs

Research on LAC & strength based approaches

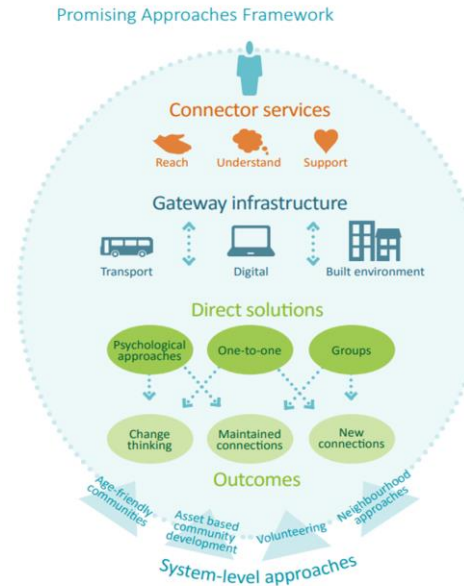
- Individual challenges & context
- Role of coordinator: ways of working
- Creating insulators against triggers

Approaches to addressing loneliness

- Catalyst films exploring Musical Connections and Homeshare

Roundtable discussion 2 - The missing pieces of the puzzle

- Is York a lonely city?
- What risk factors are there and what can we do about them?
- What protective factors are there and how can we make more of them?
- How do we know we are making a difference?



Creating and sustaining a Warm Welcome experience



Roundtable 2

- Surprise that such a vibrant city struggles with loneliness.
- Groups and activities be promoted on Live Well York
- Transient populations make it hard to build lasting relationships.
- Differences in economic circumstances creating divisions.
- Physical barriers eg public transport from outlying areas, blue badge restrictions, lack of public toilets, flooding.

Roundtable 2

- Important to protect existing services.
- Exploration of a tourist tax to help fund community activities.
- Data collection to learn from local experiences.
- Better use of touch points eg GP, pharmacies.
- More focus on creating connection and belonging in the community eg through in-person contact at shops/banks.
- Consider what other similar areas are doing.
- Raise awareness of existing resources.

Roundtable 2

- More research on:
 - What has changed since COVID
 - Relationship between loneliness and deprivation
 - Differences between rural & urban areas
 - Impact of community groups and services on loneliness
 - How to better educate health and social care professionals
 - Better ways for warning signs to be picked up early

