

## Gloucestershire Health and Wellbeing Board

<b>Report Title</b>	<b>Deep Dive into Social Isolation and Loneliness</b>
<b>Item for decision or information?</b>	Information
<b>Sponsor</b>	Mary Hutton, Accountable Officer, Gloucestershire CCG Chris Brierley, Deputy Police and Crime Commissioner
<b>Author</b>	Emma Savage, Associate Director Self Care, Prevention and Diabetes, Gloucestershire CCG
<b>Organisation</b>	NHS Gloucestershire CCG
<b>Key Issues:</b>	
<p>We know that loneliness can affect anyone – from teenagers and young adults to new parents, carers, and the recently bereaved, from students starting university to older people and those with disabilities, from those moving to a new area of the country to refugees.</p> <p>Loneliness and isolation is not the same thing. Social isolation is defined as ‘an objective state determined by the quantity of social relationships and contacts between individuals, across groups and communities.’ Meanwhile loneliness is defined as ‘a subjective state based on a person’s emotional perception of the number and/or quality of social connections they need compared to what is currently being experienced’. Therefore, it is possible for an individual to be socially isolated without feeling lonely, or conversely feel lonely without being socially isolated.</p> <p>The ambition is to reduce social isolation and loneliness, and enable local people to take an active role in building and nurturing strong social networks and vibrant communities.</p> <p>The Enabling Active Communities Group, in conjunction with Safer Gloucestershire Board, has undertaken a deep dive with a number of structured interviews with a wide cross section of individuals, community groups, voluntary and statutory organisations across the county. Based on the feedback received to date, the approach to tackling social isolation and loneliness can be grouped into the following areas of focus:</p> <ul style="list-style-type: none"> <li>• Create face-to-face opportunities for people to network, including intergenerational opportunities</li> <li>• Recognise and optimise on the importance of friends, family and partners</li> <li>• Support/empower vulnerable people to join social groups, initially through 1:1 support</li> <li>• Encouraging people to make the time to get to know their neighbours through the creation of community events and welcome packs for new people moving into the area</li> </ul>	

- Make more use of the resources around us i.e. spaces and benches
- Active design for new housing developments

**Recommendations to Board:**

The Health and Wellbeing Board is asked to comment on the draft Social Isolation and Loneliness Deep Dive.

The Board are specifically asked some questions:

- Does this deep dive cover the key issues regarding social isolation and loneliness?
- What is missing from this deep dive?
- Are there any other groups, communities or areas of focus that the HWB would like to include in this deep dive?
- Would the HWB like to see a strategy or action plan on social isolation and loneliness that could form part of the HWB Strategy?
- What are the next steps the HWB would like to see happen regarding social isolation and loneliness?

**Financial/Resource Implications:**

None identified as yet