

Loneliness and Social Isolation

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What do we mean?



**Chiltern
Clinical Commissioning Group**



Chief Clinical Officer: Dr Annet Gamell
Chair: Mr Stewart George

- 5-16% of older people are lonely
- 10% are chronically lonely (860,000)
- 12% feel trapped in their own home
- 9% feel cut off from society
- Nearly half (4.6 million) consider the TV as their main form of company

A legitimate Health Priority?



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- The effect of loneliness and isolation on mortality is similar to that of cigarette smoking
- 50% increased likelihood of survival from conditions such as coronary vascular disease and cancer in those with stronger social relationships
- The most significant difference between those with mental ill health and those without is social participation
- Loneliness puts individuals at greater risk of cognitive decline



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Research suggests that **naturally occurring** social relations provide much greater protection in relation to mortality

five ways

to wellbeing



Bucks 5WTW Progress



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- 2012 5WTW Campaign
- 2013 Bucks Adult Wellbeing Group
- 2014 Five Ways Our Ways (5-WOW) Project
- 2014 5WTW Engagement & Training Project
 - 5WTW Group Engagement Toolkit
 - 5WTW Brief Intervention Training



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Findings from the Prevention Matters Team:

- Social Isolation is the most commonly experienced problem
- Befriending services are the single highest category of referral

Responses so Far



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1) Mind the Gap

2) Quarrendon Café

Maybe you know of others?



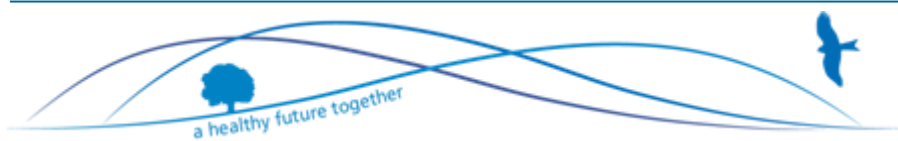
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Findings from the HWB Workshop



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- Defining befriending
- Befriending as a fall-back
- Lack of volunteers
- Lack of capacity to manage volunteers/ Risk management
- People with multiple needs



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- Volunteer recruitment drive
- Befriending network
- Funding