

Chorley and South Ribble and Preston Event-Write up by Kevin O'Hara

The Workshop was split into three sessions:

Session 1: What activities and initiatives run in your area that you really value and why?

Session 2 : Have we got the right picture? Who is lonely now, and where are they?

Session 3 : A Vision of Success (What does good look like?) What now? What next?

In Summary it seems pertinent to go straight to Session 3 and to participants' views about:

Discussion 3 – Vision of Success and How to get there / Next steps

"We want co-production and real partnership, so everyone is listened to and then some action, so everybody is working together to help people who may be lonely and isolated"

- Residents in communities can solve problems linked to social isolation if supported to do so.
- Coproduction not just consultation.
- People having a sense of social responsibility at all levels.
- All the sectors working in partnership, not in silos, so we are working on the big picture and there are no gaps for people to fall through.

"We want to see cultural change in society and organisations so that loneliness is recognised and something happens about it"

- Use social media
- Start with schools and education.
- Start with a clear vision
- Generation push-recognition from school onwards.
- Treat people equally- regardless
- Strategic view/approach and common philosophy
- Need to change the system to support VCFS
- Cultural change: Professionals, volunteers, public-Jigsaw, everyone has part to play.

"We want to see an integrated not a fragmented approach"

- Role of Community police
- Consistent integrated approach
- Creating new models of delivery reflecting need.
- Partnership working approach on loneliness

-Remove the tiered approach-lead by example.

"Communicate with individuals and more widely in a way that challenges stigma and promotes person centred values"

-Communication/marketing strategy including breaking down stereotypes and stigma.

-Tackle media, awareness training etc.

-Treat the person, not the patient.

-Stigma-employers to lead by removing barriers and 'taking a chance' on the person to support them.

-Shift in communication-use of social media.

"Create practical Integrated Pathways"

-More Community Transport

-Pathways to encourage intergenerational activities/support (Adopt a Grannie!)

-Pathway to enable people in a community to befriend/support each other

"Invest in Volunteering and value Volunteers"

-Co-ordination of volunteering/Hub

-Develop stronger relationships with grass root organisations

-less bureaucracy so that organisations can get on with it-Risk assessments/Public Liability etc.

-More focus on CVFS groups to deliver services.

-Needs a greater understanding of the voluntary sector.

-Permitting informal acts of volunteering.

-Investment in volunteering-value volunteers.

Session1

What activities and initiatives run in your area that you really value and why?

It is clear from the answers to the question in Session 1 that there are a great number of diverse activities and initiatives that are running across Chorley, South Ribble and the Preston area, catering for younger children to older adults. There is a real richness and diversity of initiatives ranging from specialist groups targeting specific health conditions and populations (such as mental health and older people to activities) to initiatives catering for everyone's wellbeing (Such as Lancashire Libraries)

All of the activities and initiatives are really valued due to a range of reasons including-

-Bringing together people of all ages.

-Helps signpost individuals and organisations to initiatives that can help people who are lonely and isolated.

- Open door policy
- Giving people confidence and self-esteem to meet other people and try new things.
- Link people with similar long term health conditions so we can learn from each other
- Help reduce loneliness just by having somewhere to go.
- Targeted support and advice around health conditions.
- Being with other people who are struggling with low self-esteem and having professionals to help you.

Examples of Innovative initiatives included (but there where many more)

'Coffee Clubs' with added value-Open to All

- Support from Council regarding room hire, initially-now sustainable. All involved share skills with each other e.g. showing someone to knit, cooking for group. Each person brings new people, who through local knowledge are aware who is lonely and isolated-intelligence through Ward Councillors, PCSOs.

'Dial-a-ride'- Open to anyone over 18 struggling to use public transport

Innovative add on by lady, who had been bereaved from husband and couldn't drive. Started using 'Dial-a-ride' –realised that she could meet people in similar circumstances and decided to put a group together from the people that use the service individually. Now organises 35 lonely people to go on regular trips out. Not only is it directly helping these people but the lady's self-esteem and contentment have 'rocketed'

49% of people involved in Community Currency Programme in Chorley (Spice) are less isolated.

- Type of activity: **Specialist Social groups** (i.e. activities targeting specific groups)
- Club for Autistic Adults, meeting weekly
- Careline. Community support for individuals, couples and families-Phone and text support makes a difference.

Session 2

Have we got the right picture? Who is lonely now, and where are they?

- 'Too many assumptions about communities 'at risk' socially deprived etc.'
- 'Loneliness is not geographical or linked to wealth'
- 'Everyone at some point feels isolated and lonely'

Trigger points around loneliness and isolation: Retirement, moving, recently bereaved, language and cultural barriers (migrants) potentially people living in rural areas, sheltered accommodation, lack of transport including people who need hospital transport-would also need transport to get to doctors, 'all vulnerable groups,'