MEETING FEEDBACK/SHARE

Name of Meeting:	Campaign to end loneliness: Promising Approaches Revisited	Date:	16/11/2020
Location:	Zoom		
Our Role:	Attendee		
Attendee Name:	James Conlan		
Main Points summary: Insight into the new Framework			

The online event was held as part of the Connections in Older Age – Campaign to end loneliness. Anne Callaghan was the lead speaker who covered the introductions. Kate Jopling discussed the new framework and the previous report. However, she did stress that the new framework is not a report but a guide. There is more detail on the approaches within it and it is evidence based. They have also included a selections of case studies, provided avenues to online information and given handy icons to guide users.

Kate looked at the definitions of Loneliness, Isolation & Solitude. When considering this within communities we have to look at what there is in the community and are services, provision and resources optimally designed. The solutions to loneliness are as diverse as the people are. Some solutions are data driven and others by simple door knocking. Some of the things that can address loneliness are by changing thinking, maintaining connections and new connections, through psychological approaches, one to one and group contacts and interventions. Kate went on to discuss foundations for this and how we make this happen. Covid has heightened the need for implementation of the above.

At the breakout room the main topic was people's frustrations with being unable to carry out their remit on a face to face basis due to Covid. Lunch Clubs, Befriending, almost all groups had been affected in some way. No one had an answer to moving forward. Befriending had changed to telephone calling, but most people were "Zoomed Out" even digital newbies. It was agreed that the digital divide was becoming not just the have's and have nots but the users and the non-users for various reasons. Some felt that the Connecting Scotland project was a tick box exercise.

Rob Hewings spoke about psychological factors associated with loneliness and social interaction. There is a causal link to anxiety, social anxiety, and depression. There is a no one size fits all answer.

Ben Cavanagh a Scottish Government Analyst returned figures on demographics for Scotland. 19% (I million) are over 65 years of age. 500,000 over 75. 25% of adults in Scotland are permanently retired. 36% of the population in 2018 were living alone. From the information gathered they were able to identify differing patterns of loneliness. It was established that loneliness was highest for the youngest and oldest age groups. As people are meeting less loneliness has increased. Women feel lonelier than men and people with disabilities are lonelier than those without.

Following on from the above Tressa Burke of the Glasgow Disability Alliance spoke at length in regard to disabled people of all age groups feeling dire, isolated, marginalised, not equal and excluded. This had been intensified by Covid and needed to be addressed by developing strategies and through policy making. One good thing to surface was that of people with anxiety embracing Zoom as it could be done without physically attending meetings. She finished by stating that there are challenges to create the buzz of group face to face meetings.

Paul Okroj of Chest, Heart & Stroke Scotland spoke about Kindness Volunteering Project Development in response to Covid 19. (It is almost the same as the response on Arran.) He said we should shout out to whoever will listen about what loneliness & isolation is doing to people.

Breakout 2 – What support might you need to use to implement the framework from the campaign to end loneliness? General discussion ensued but online resources, online learning, peer support, funding & structure and innovation were suggestions put forward.

The last speaker of the day was Eilidh Little Digital Participation Officer of Connecting Scotland. She highlighted why digital inclusion matters; the changed context of digital inclusion due to COVID-19 19 & what Connecting Scotland had achieved so far. She spoke about the benefits of being online and the barriers to getting online e.g. libraries and community centres closed at the moment. Two phases have been rolled out so far and they (Connecting Scotland) are working on phase three. Evaluation will take place after six months with participants although some has taken place already with Digital Champions and some organisation.

Information for TSI Partner:

Information for Pan Ayrshire Partners:

Third Sector / Public Information:

Actions/Tasks:

Date of Next Meeting:			
	Insert Date Below		
Shared with:	Partners		
	Pan Ayrshire Partners		
	Staff	x	
	Sector (*and/or*) Public Information		