

Teviot and Liddesdale Locality Plan – Health, Care and Well-being: Social Isolation and Loneliness

Suggestions made:

- Improve communication and visibility of local groups and services
- Multi-use venues and facilities, including new school campuses
- Increase number of leisure activities, including dementia friendly walks
- Have more family events
- Have community champions
- Talk to your neighbours
- Have more informal volunteering
- Support people to develop their digital skills & offer better access to the internet
- Improve community transport so people can access groups
- Expand outreach services eg What Matters Hubs

Identify what the gap is (e.g. age group, geographical area)?	What can be done to address the identified gap?	Who would take this forward – we need key champions/organisations	What support would be needed (financial, time, resources etc), and what would this look like?	What would the benefits be to the community/individuals?
Communication of what services are available	Find out which services know about the What Matters Hubs	WMH staff to visit organisations to promote their service	time	
	Annual Directory of what services are available in TD9 (both printed and digital versions) – similar to the Hawick Trade Directory		Printing costs Time Buy in from organisations	
	Increase the number of ‘cup and chat’ tables in cafés			
	Council etc. need to improve communication strategies to make sure they aren’t frightening people with their messages on changes to public	SBC Officers / Communication dept Local media SB Connects could be used to reinforce communication on a particular topic		

	services – newspaper headlines can cause fear and panic			
	Contact less obvious groups – ie local sports clubs - to share messages on how people can access support			
	Need a network to bring people together as many groups and services don't have contact with one another			
Make sure that we don't just focus on rural isolation. Urban community members can also feel isolated	Use underspend of community fund budget or other budgets to help pay for transport/staff costs that would help support those isolated in our community to attend community events Can we look at sharing journeys to reduce costs	Community Fund. Local area co-ordinator – aware of what's on Red cross mapping	Finance Transport costs	We look at isolation as a whole.
Family Circumstance (Lone Parent)	Identify groups that those vulnerable in our community can attend. Link these families/parents with a befriending project Have a better understanding and knowledge about what's what's on	SBCconnect -> can we promote a what's on guide in this newspaper that will reach every household. Communities and partnerships team to follow up creating a 'whats on guide' Red cross to share their activity mapping	Finance for letter drop	Communities more aware of what they can attend. Word of mouth helps.
Transport	E-Cars subsidised taxis More volunteer drivers please.			

Transport is essential to get people to events/hubs	Community transport people giving lifts			
Whole Community	Community Newsletter			
Rurality impacts on children and young people's mental health as they can't engage with peers	Groups that are able to work with children and young people need a workers living and working in the community to ensure activities take place		Project worker available locally	Address mental health issues in children and young people
Community reliant on public transport	Increase the passenger capacity	Border Buses SBC	Link up Bus services and ensure there is enough passenger capacity.	Remove exclusion of bus users (those who are reliant on public transport).

CASE STUDIES – EXAMPLES FROM ACROSS THE COUNTRY		
'Community Connections' – Outside the Box	Community Connections is a new project that is based in two rural areas in Scotland: – Eaglesham and Waterfoot in East Renfrewshire – Brechin, Edzell and the Northern Glens in North Angus Community Workers will bring together groups, activities and services that are used by the whole community, particularly older people and people who may feel isolated or disconnected from their community. In North Angus, we are also working alongside groups and services that support people living with dementia.	
'Museums on Prescription' Canterbury Christ Church University and	Museums on Prescription is the first scheme of its kind in the UK to tackle health inequalities by directly linking up museums and referrers from health, social care and third sector organisations.	

University College London	New programmes of museum-based, creative activities for lonely, older adults aged 65-94 years at risk of social isolation, have been designed to improve the mental and psychological wellbeing and social inclusion of older adults.	
Recovery Devon CIC	They were awarded £7,500 to create 'Happy to Share My Table' cards that people can use in cafés and other public spaces to let others know that they welcome the company of strangers. The project aims to reduce social isolation and loneliness by enabling people to connect and build positive relationships.	
'Good Neighbours' The Voluntary Organisations Development Agency (VODA) in North Tyneside	The Good Neighbours project recruits, trains and supports volunteers to carry out a variety of practical tasks commonly associated with those carried out by a 'good neighbour'. From small household tasks to helping run errands or assistance with shopping, no long-term commitment is needed from volunteers, just the desire to help local people who need it. Good Neighbours volunteers receive training, support and get together regularly to discuss their role and share experiences	
'The Voice That Makes a Difference' Northampton	They were awarded over £115,000 to bring over 1,000 young disabled people together to enjoy films by providing 24 screenings at local cinemas over three years that include British Sign Language, subtitles and audio description. This will make the cinema accessible to all. The funding will also provide workshops in drama, music and technology to support young people with disabilities to build their confidence and skills.	
'Vintage Vibes' Lifecare Edinburgh and The Broomhouse Centre and Enterprises	Started in 2015, Vintage Vibes tackles isolation and loneliness among over 60s (called VIPs) in Edinburgh by creating long lasting one to one friendships offering support, companionship and the opportunity for VIPs to be more socially connected and active in their local community	