

Eildon 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?
Young People can't access after school provision as there is either no busses or their free bus pass doesn't cover attending provision.	Provide a longer running bus service that connects with after school provision. Allow free bus passes to be used outwith school hours for young people that would allow them to attend after school provision and youth clubs.	Transport (Tim) Education department	Capacity to think outside the box and look at alternate options Volunteer drivers so that community transport can be accessed	Young people have the option to attend a variety of different groups and feel more connected in their community. Have access to educational activities and the option to socialise with peers
Youth clubs not covering all areas in the locality thus making it difficult for young people to attend	Central point of information so that all young people and members of the community are aware of what's on and when. Provide free travel for young people so that they can attend youth club sessions	Online Borders – The Bridge Education department	Financial support to support free bus passes for young people. Ability of staff to important date and make sure online borders system is up to date	Young people have access to youth clubs and feel part of their peer group. Attendance at youth clubs will increase and could reduce perceptions of anti-social behaviour.

Young (new) parents not being connected in their community	Engage with those parents that aren't attending parenting support. Provide information on all available opportunities	Community Learning and Development Health visitors identify vulnerable new parents Online borders and local early years network can provide information of all activities in the area	Staff time to undertake engagement and outreach	New parents feel supported in their community.
The working poor	Supported transport costs to those that are on a low income so that they are able to maximise their earning. Encourage and sign up all employers in the Eildon Locality to the living wage	SBC have signed up and will hopefully pressurise others to follow suit.	Finance to support organisations to sign up to the Living Wage.	Families will have more income to spend within their community
Very few home care staff available to support people at home	Recruit staff on flexible basis or pay travel	SB Cares	Investment in recruitment – come out locally to meet people	Fewer admissions to hospital/ Care homes
Improve Broadband speeds in rural areas	Better understanding how other communities are addressing this i.e. Is there a means to organise a community bulk buy, run our own Community broadband Clearer timescale for R100 programme and when/where it will cover	Economic Development Mobile Providers Community Development Trusts Scottish Government	Co-ordination support Infrastructure	Increase access to services i.e. Reduce isolation with greater opportunities for interaction
Better transport and well published	From upper yarrow (cappercleuch) + Upper Ettrick + Weekends (Sat)	Community Council Passenger Transport School Transport	Staff time to look at best means of communicating within rural communities – beyond digital given restrictions.	Greater access to services Enable individuals to stay in own homes longer Reduced Social Isolation

Community Café in Earlston is well attended by older community members attend but not by those of a younger age	Younger aged residents used to attend which was really positive for everyone. Need to re-engage with this age group and find out why they don't attend / what would encourage them to re-attend	Organisers of the community cafe		
Older community members not always comfortable with IT and therefore miss out on local information	Consider different ways of recording & sharing information	What Matters Hub / Red Cross may can become a central point where people access information. Need to promote the Hub so people know to attend	Need the support of partner organisations to help promote the Hub and engage their service users. Partners can also supply what's on information to the Hub	People have the option to participate and therefore feel included and involved. Also helps them to access any required support
Age Groups (+ Veterans groups)	Set up new groups & identify those already Working	Legion, Firm base	Funding, Volunteers organizers	More intergenerational contact. Greater contact across generations Learn more local history
Transport	Make transport readily available in area not served by public transport	SBC, voluntary transport organisation taxi/public	Funding, volunteers vehicles	Greater connection between communities

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	