

Tweeddale 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?
Make public transport free for specific groups, i.e. young people	<ul style="list-style-type: none"> • Tweed Wheels • Gala Wheels 	<ul style="list-style-type: none"> • Tim Stephenson (SBC) • Community Councils • Bus users Scotland? • Christine Graham MSP 	<ul style="list-style-type: none"> • Would it be possible to provide free Bus Passes for Young People in the Tweeddale area and pilot this for 1 year. • Utilise Warwick and Edinburgh well-being Scale (wemwebs) to measure to monitor and assess this communities mental health over a period of time 	<ul style="list-style-type: none"> • Should demonstrate an increase in positive mental health and improved social connections.
How do you find out about what is available for individuals to access	<ul style="list-style-type: none"> • What Matters Hubs • A.L.I.S.S. • (A Local Information service for Scotland) 	<ul style="list-style-type: none"> • Each local Community to complete a community Newsletter • Noticeboards • Facebook Pages • Calendar/ Contacts • “Life” Magazines 	<ul style="list-style-type: none"> • Printing/ Advertising costs 	<ul style="list-style-type: none"> • A broader understanding of what community activities are available. • Improve access to services

<p>Needs of people with hearing loss (Communication) (isolation) (Lack of choices)</p>	<ul style="list-style-type: none"> • More lip speakers, Subtitles etc. • More consideration and awareness raised about hearing loss in the local community • Raise awareness of impact of hearing loss. 	<ul style="list-style-type: none"> • Local Media -> Radio Borders • Newspapers • Generic point of contact – Flyers/Cards 	<ul style="list-style-type: none"> • Funding for more interpretation services depending on situation • More interpreters, lip readers • Subtitles on a more frequent basis than one per week at cinema currently 	<ul style="list-style-type: none"> • One of our most vulnerable groups are included within society.
<p>Day centres being closed and lack of access to premises</p>	<ul style="list-style-type: none"> • Keep the building and the staff 	<ul style="list-style-type: none"> • Policy Holders 	<ul style="list-style-type: none"> • Finance • Better understanding of impact. • Funding for 3rd sector to carry on positive work • Community members still effected in community 	<ul style="list-style-type: none"> • Those that attend Day Centres are still involved and active within our community.
<p>Access to bus services + cost for young people to make it affordable.</p>	<ul style="list-style-type: none"> • Use a mobile phone app – pre paid credit so that money does not need to be exchanged and use of services can be easier 	<ul style="list-style-type: none"> • Free bus passes for over 65's and under 16's aswell as Students. • Students travelling to Edinburgh don't currently access free travel. • Mapping of town peoples travel needs. • Walkerburn Youth Forum • Outside the Box 	<ul style="list-style-type: none"> • Use of technology • Look at examples at other rural transport. 	<ul style="list-style-type: none"> • Young people bus pass qualification • Young people can take part in after school activities. • Be more social and involved in other communities
<p>Access to community spaces -> what community spaces are open for all and accessible.</p>	<ul style="list-style-type: none"> • Identify Funding stream to support access • What Facilities are open to all • Is there a similar fund like 'access for all'. That can help community buildings becoming accessible. 	<ul style="list-style-type: none"> • The Bridge 	<ul style="list-style-type: none"> • Time to undertake mapping exercise of facilities that are fully accessible. 	

Problem with school aged young people having to pay bus fares outside of school bus service – have free travel 24/7 for young people	<ul style="list-style-type: none"> • Speak with SBC Passenger transport to request use of the school bus pass outside normal times 	<ul style="list-style-type: none"> • SBC Passenger transport 	<ul style="list-style-type: none"> • Could be a cost to this that SBC/ Comm. Would need to meet with bus companies to request school passes be used outwith school start/ finish times + Saturdays & Sundays. 	<ul style="list-style-type: none"> • Young people would be able to participate in extra-curricular activities during the week + weekends.
Walkerburn residents feel over looked in terms of funding & service input from SBC – Could do more inter-generational projects	<ul style="list-style-type: none"> • SBC did start clearing an outdoor space for a park/ BMX track (2 years ago). Work stopped and it would be good to start this again 	<ul style="list-style-type: none"> • Community residents & SBC 	<ul style="list-style-type: none"> • Plans – Planning permissions • Funding • Volunteer time • Maintenance • Learn from other areas 	<ul style="list-style-type: none"> • Have an outdoor space that could be used by all ages helping improve health & well-being and would strengthen relationships in the village
Not enough Funding for Walkerburn Youth Club – not enough funding for hiring the hall	<ul style="list-style-type: none"> • SBC to support Walkerburn Y.C. to find £18 a week for hire of hall or work with hall committee to find support for funding the heating system (oil) 	<ul style="list-style-type: none"> • SBC & Hall Committee 	<ul style="list-style-type: none"> • Financial Input 	<ul style="list-style-type: none"> • Would help the youth club use membership fees for activities/ equipment etc.
Transport – young people won't be buying cars. No transport for social life	<ul style="list-style-type: none"> • Door to door transport needed in rural areas 	<ul style="list-style-type: none"> • SBC Transport Staff 	<ul style="list-style-type: none"> • Project by project 	<ul style="list-style-type: none"> • Improved physical/ mental health
Attracting older people to digital drop in older isolation			<ul style="list-style-type: none"> • Community champion to encourage participation Broughton starting Bitet Blether, Eddleston have one, Cloven have one, Peebles have two. • Food Foundation Food Friendship service volunteers deliver food to families on low income and to chat. 	
Lack of transport – Blyth Bridge (4X DAY W.L. – Edinburgh not possibly	<ul style="list-style-type: none"> • Mini buses • Taxi • Problem: Low numbers 	<ul style="list-style-type: none"> • Individual organisations • Foundation of a group – campaign 	<ul style="list-style-type: none"> • Volunteer week – regular press involvement • Resources – space 	<ul style="list-style-type: none"> • Social and economic benefit to the community

To IT. Centre Cost of buses		<ul style="list-style-type: none"> Someone to coordinate - funding applications etc 	<ul style="list-style-type: none"> Infrastructure to support a network of organisations 	
Intergenerational family support – reaching rural families who are isolated	<ul style="list-style-type: none"> Work in partnerships to find out where these families are 	<ul style="list-style-type: none"> HV'S Schools Established groups i.e. rural institute (Royal highland ed. Trust) 	<ul style="list-style-type: none"> Digital map A person to coordinate IT-Map- who is there? Somebody who knows the community well 	<ul style="list-style-type: none"> Spreading knowledge. Fewer visits to GP

CASE STUDIES – EXAMPLES FROM ACROSS THE COUNTRY		
'Community Connections' – Outside the Box	<p>Community Connections is a new project that is based in two rural areas in Scotland:</p> <ul style="list-style-type: none"> – Eaglesham and Waterfoot in East Renfrewshire – Brechin, Edzell and the Northern Glens in North Angus <p>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.</p>	
'Museums on Prescription' Canterbury Christ Church University and University College London	<p>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.</p> <p>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.</p>	
Recovery Devon CIC	<p>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.</p>	
'Good Neighbours' The Voluntary Organisations Development Agency (VODA) in North Tyneside	<p>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</p>	

Facilitator Initials:

<p>'The Voice That Makes a Difference' Northampton</p>	<p>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.</p>	
<p>'Vintage Vibes' Lifecare Edinburgh and The Broomhouse Centre and Enterprises</p>	<p>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</p>	