A Nottingham and Nottinghamshire Approach to Tackling Loneliness Collaboratively

Creating Connected Communities

Tackling Loneliness Collaborative
Nottingham & Nottinghamshire

VCSE Health and Wellbeing Forum July 24

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Why Tackle Loneliness?

- Feeling lonely increases the likelihood of an early death by 26%.

- It's health impact is thought to be on a par with other public health priorities such as obesity or smoking.

- Research shows that loneliness is associated with a greater risk of inactivity, smoking and risk-taking behaviour;

- Increased risk of coronary heart disease and stroke; an increased risk of depression, low self-esteem, reported sleep problems and increased stress response; and with cognitive decline and an increased risk of Alzheimer's.

Research from Catherine Haslam – University of Queensland

Why Belonging to a 'Group' is so Important

Group belonging and social identity

Groups are fundamental to who we are:

- family
- community
- national
- cultural
- sporting
- workplace

A large part of our sense of self ('who we think we are') derives from these group memberships — our sense of social identity (Tajfel & Turner, 1979).

Group belonging and health

- Wide range of evidence linking groups to health
- Groups meet psychological needs:
  - self-esteem, belonging, purpose, meaning
- Groups provide support, advice and practical help:
  - social support, coping, resilience,
- Help cope with stress and overcome challenges
- Group memberships associated with better health
  - More groups have an additive effect on health
  - But only if group members identify with the group

Tackling Loneliness Collaborative Nottingham & Nottinghamshire

TLC Nottingham & Nottinghamshire

The TLC - was created to tackle loneliness across Nottingham & Nottinghamshire through a collaborative approach. This involves health and social care organisations, voluntary and community organisations, volunteers and local communities.

This came together in 2021.

Collaborative Approach

We take a collaborative approach based on the collaborative model developed by Nottinghamshire Healthcare with the support of the Kings Fund (see below)
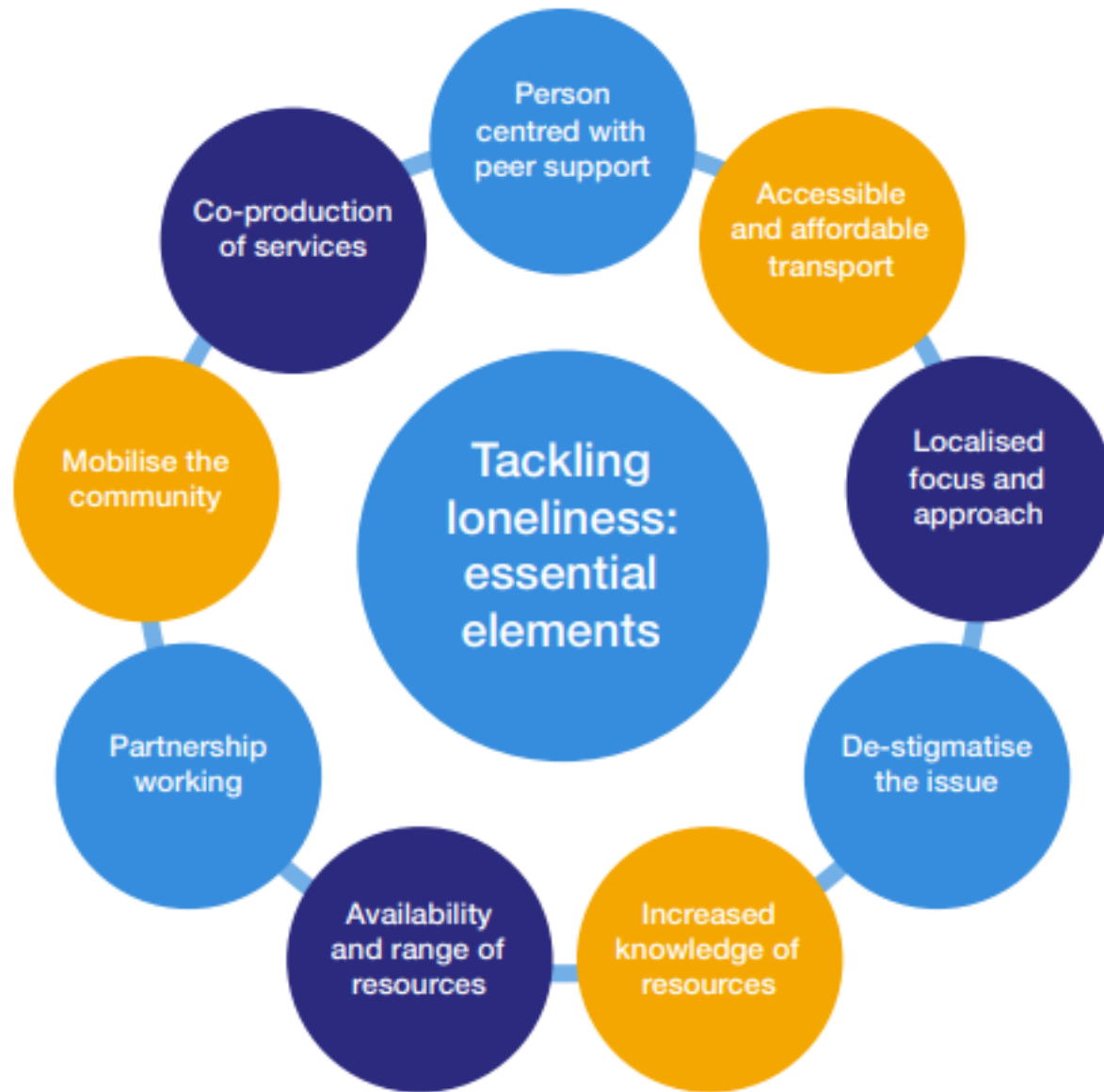
Essential Elements

Tackling loneliness: essential elements

- Person centred with peer support
- Accessible and affordable transport
- Localised focus and approach
- De-stigmatise the issue
- Increased knowledge of resources
- Availability and range of resources
- Partnership working
- Mobilise the community
- Co-production of services

The TLC Consists of:

A Public Advisory Group

A Development Group

The Wider Collaborative

We've Laid Fantastic Foundations So Far:

* Loneliness in Nottinghamshire Research Report – commissioned by the TLC and undertaken by Nottingham Trent University (NTU)

*TLC Logo and also strapline voted on by TLC members

* Social Media and Online presence and Newsletter created

*Terms of Reference agreed with partners

*Public Lived Experience Advisory Group central to the work of the TLC

* Added new members from organisations and individuals – now up to 190 directly on the distribution list

* Made National Links – The Jo Cox Foundation, The Connection Coalition, The Campaign to End Loneliness and I've become an Ambassador for the National Tackling Loneliness Hub to support others

Research Undertaken for the TLC

Tackling Loneliness Collaborative Nottingham and Nottinghamshire

During 2022, TLC commissioned Nottingham Trent University to undertake research on Loneliness in Nottingham and Nottinghamshire.

795 people took part in our research survey

213 services on our database

The TLCNN is made up of over 150 people from Organisations and Groups, as well as individuals with a passion for tackling loneliness.

NTU Research Recommendations:

- A central body to provide oversight of diverse services and reduce duplication

- An increase in advertising and a more targeted outreach

- Better access to flexible funding to meet diverse service needs

- Monitoring of changing needs of vulnerable populations

- Consideration of the ways that service engagement can lead to wider social connection

- Recognition of the impact of group dynamics

Young People

Depression, anxiety and stress were all the highest in the 18-25 years age group

Self-reported loneliness was higher in the 18-25 years age group

Older People

Wellbeing was the highest self-reported health worry in the over 65 years age group.

Tackling Loneliness Collaborative Nottingham & Nottinghamshire

Nottinghamshire County Council

Nottingham City Council

NHS Nottinghamshire Healthcare NHS Foundation Trust

NTU Nottingham Trent University

Full report and more info: https://www.bcvs.org.uk/tlcnn

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Friendly Connector – a Social Action Initiative

An Example of Information Given Out in Frome

However, there are challenges trying to work together, co-ordinate resources and reduce duplication.

- Varying contract expectations/constraints
- Short contracts – many changes
- Funding - competition
- Different ways of working
- Overlap of some services

So, it's about us all sharing the same simple information and raising awareness

Attend TLC Meetings and Workshops

Sign up to the TLC distribution list – if you have an interest in this you are welcome to join

Share items in local and county newsletters