

Let's make isolation and loneliness history in West Somerset

As ambassadors of our local parishes, towns and communities, YOUR KNOWLEDGE is invaluable. In West Somerset we want to help our residents who would prefer to be more involved in their community but we need your help. Over 10% of people aged 55+ years may only speak to someone every 3 to 4 days.

Loneliness can greatly increase the risk of mental decline, resulting in illnesses such as dementia. The Campaign to End Loneliness and Age UK identified 3 key challenges:

1. Reaching lonely individuals
2. Understanding the nature of an individual's loneliness and developing a personalised response, and
3. Supporting lonely individuals to access appropriate services.*

The diagram (right) illustrates how these 3 foundation services can lead to direct intervention through services to:

- support and maintain existing relationships,
- foster and enable new connections,
- help people to change their thinking about their social connections.*

*Source: <http://www.campaigntoendloneliness.org/wp-content/uploads/Promising-approaches-to-reducing-loneliness-and-isolation-in-later-life.pdf>

We need your help at this conference...

At the conference on Saturday 17th October, 2015, we have a range of speakers who will be presenting new projects which are either being successfully delivered in West Somerset or are just about to start.

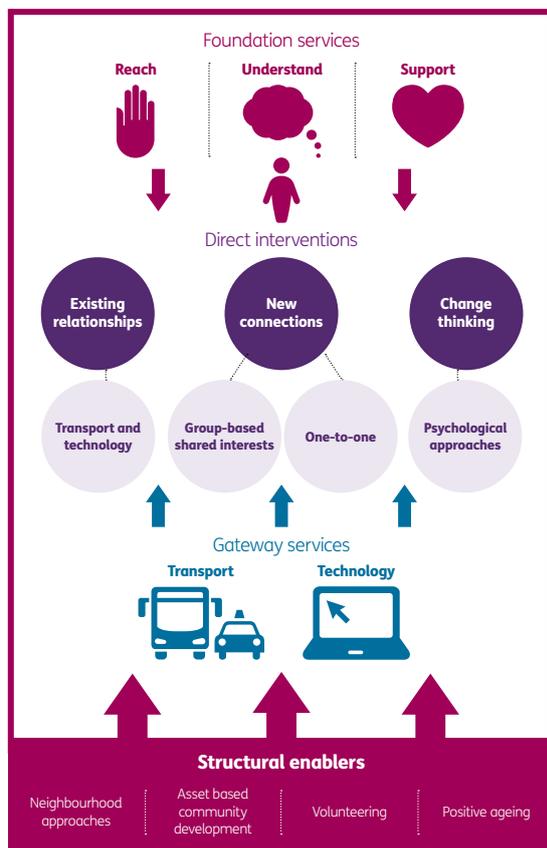
We need two representatives from each parish/town to attend the conference armed with responses to the following questions:

1. What is your parish/town/organisations response to loneliness/isolation?
2. What is your parish/town/organisation already doing?
3. What could your parish/town/organisation do in the future?

We will aim to use this information in the 'Mapping your patch' session at the conference. From 14:00 hrs there will be an opportunity for all conference delegates to attend the West Somerset Healthy Living Fair, also being held at the Beach Hotel. It will be open to the general public and admission will be free.



Conference:
Saturday 17th October
2015, 9:15 -12:30 hrs
Beach Hotel,
Minehead



Let's make isolation and Loneliness history - Conference 17th October 2015

Paper Reply Slip

Please provide details below of your two representatives from your parish/town/organisation, and return to: Gail Sloman by Monday 14th September, 2015.

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Alternatively Email your Reply

Please email details of your two representatives from your parish/town/organisation to:
 Gail Sloman at gksloman@westsomerset.gov.uk