

Loneliness Research – flash cards

I will help to prevent / alleviate loneliness by:

- Offering people on our waiting list a phone service
- Maintaining text contact with one of our volunteers who is lovely
- Supporting friends, family and neighbours, even if it is a chat in the street
- Keep talking to elderly
- Keep talking to elderly neighbours, even when I'm in a rush!
- Supporting village agents to identify the most isolated and lovely people and supporting them into a channel that is informed and not forced
- Visiting other residents in my mother's retirement complex
- Promoting Windrush Carers Support Group
- Sharing the findings with my team. Set some team targets around the findings in the report
- Noticing who seems lonely in my road and trying to bridge the gap
- Saying "hello" to all of my neighbours when I see them
- Will look to start a police watch and look out for people in my street
- Working for P3, a charity providing community-based support
- Promoting awareness of the issues raised in the report to my parish council
- In my work with Fair Shares. Personally fighting for a better transport situation in form of cycle lanes
- Making sure I contact as many older people as possible in my area
- Making my research available to those who need it
- Continuing the conversation with my colleagues and contacts in the communities I work in
- Present research findings to MC and explore ways to assist
- Share findings with CC colleagues and improve intelligence about loneliness in Gloucestershire
- Being a better neighbour
- Keeping an eye on my elderly neighbours and walking their dogs
- Chatting with carers on the phone when they need to talk – even if I'm busy!
- Keep in regular contact with some people who might be lonely in the village
- Knock on my neighbour's door – perfect timing as I have just moved!

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My organisation will help to prevent / alleviate loneliness by:

- Working with the adjacent groups on common issues – transport
 - Considering expanding social club provision, for men in particular
 - Keeping to commitments we have made around providing support to those with caring responsibilities
 - Continuing to support people with our befriending, carer respite, community transport and lunch clubs and extend these services where possible (funding)
 - Work more closely with other organisations
 - Prompt parishes to consider loneliness issues in parish plans
 - Continuing to support 232 social clubs across the county, supporting isolated people with village agents and people year
 - Continuing to provide a one to one service to the most socially isolated through village agents and the GRCC In-touch project providing sustainable clubs in communities most in need
 - Sunday lunch clubs
 - Men’s allotment club
 - Considering isolation / loneliness in commissioned decisions
 - Trying to continue the group
 - Through building on the community hubs and working and linking in with local agencies
 - Developing carer support groups, peer mentoring and disseminating information and working with partner agencies
 - Working in partnership with statutory and VCS providers – we are stronger together
 - P3 Charity: craft workshop Thursdays 9.30 to 12.30, Moreton-in-Marsh, Baptist Hall, Oxford Street
 - Registering lonely people as clients and supporting them to make their lives more fulfilling
 - Identifying all voluntary services available and promoting awareness of them to potential uses in our parish
 - Our mission
 - Making sure that people know about us village agents
 - Mapping assets to communities providing the foundation to our intelligence and help identify gaps in services we could provide
 - Understand better where loneliness exists in the county
 - Promoting more awareness of services available
 - Endeavouring to identify those in need of loneliness via our actions from our community plan
 - Organising community tea dances – and providing / organising transport to get people in, twice a year. Organising Sunday afternoon tea meets at local cafes
 - Improving transport facilities in local areas
 - Feedback from today to practice staff, especially GP’s and reception.
- Cotswold Practice Managers Group