

Flipchart Notes - Combatting Social Isolation

Issues:

Lack of confidence

No longer driving

Health issues, particularly mental health

Motivation

Need company of own age group and interest

Lack of support

Finding out who is on their own – need referrals especially if widowed

Feeling “alone” rather than “lonely”

Who to talk to in a crisis?

Scared of being ill and being alone

Need to connect retired people with skills to those with needs: a win-win situation

Don't want groups or activities, just want something simple like a meal out

Motivation is a big issue

Struggle to leave home for health reasons

Blenheim House is looking for people with IT skills to share

Giffords Court residents are organising activities and trips themselves

Get put off by being labelled “old” - but don't feel it!

Priorities for action:

1. Need for a directory of available services and professional contractors who can do small odd-jobs like change a lightbulb at subsidised cost

2. Share and raise profile of professional services available e.g from Richmond Fellowship, Carers Support Wiltshire “Make a Friend, Be a Friend”, and Local Area Co-ordination