

## **Health and Wellbeing Network Meeting**

### **Focus on Loneliness**

### **January 2021**

During the session we focussed on the topic of Loneliness, here is the link to the Red Cross presentation about loneliness: <https://kva.org.uk/assets/documents/loneliness-during-the-pandemic>

Other findings/ resources that you can use to support new projects on loneliness:

<https://whatworkswellbeing.org/wp-content/uploads/2020/08/COVID-LONELINESS-2020.pdf>

<https://www.the-scientist.com/features/how-social-isolation-affects-the-brain-67701>

<https://britishredcrossociety.github.io/covid-19-vulnerability/>

During the session, we heard from:

#### **Bounce Theatre**

They have been working in the borough and have several projects that you can refer people into:

**Grace Podcast**: Hosted by a group of young people who want to discuss mental health. Open to young people aged 10-14.

**Virtual Youth Theatre**: Open to young people 11-16.

**Wonderland**: A series of online classes which invite children to turn ordinary objects into extraordinary things. Open to all primary school children.

**Tooting Fork soon to become Wind Down Wednesday**: A weekly recipe challenge for young people aged 11-16.

**Winter Stories E-Zine**: Printed copies of these are also available to order. To find out more contact Louise.

**Adult Writing Project**: Small group session via Zoom to explore poetry, short stories, and more.

Two key points that Louise Pendry ([louise@bouncetheatre.com](mailto:louise@bouncetheatre.com)) from Bounce Theatre mentioned that you may want to consider when planning your services were:

1. They are planning to provide informal opportunities for people to meet in small groups as restrictions ease as they are aware many people may need to get used to the things we used to do.
2. Bounce have found it useful to engage with people one to one over the phone or via zoom before they sign up to online sessions. This has helped people feel more comfortable about joining a larger online group session.

#### **The Kingston Stronger Together Hub**

The Hub can provide:

- assistance with shopping and pharmacy collections.
- befriending telephone service for those who are feeling socially isolated.
- short term financial help for those who are self-isolating and assist in keeping people's homes warm over the winter months.

You can refer anyone into the befriending service by completing the following form:

<https://bit.ly/3tsdYOj>

Key points Lisa mentioned when supporting a team were:

- Stay in contact through various channels. You could use supervision, calls, newsletters and team meetings.
- Remind your team it is okay not to be okay and share the load to prevent burnout.
- Try the following three questions - What is going well? What are you worried about? What needs to happen?
- Share wellbeing tips. Lisa recommended cold showers!

### **Suicide Prevention Project**

Suicide is on the increase so it is important to ensure staff and volunteers are aware of how they can identify the signs and signpost people to appropriate support. If you are interested in becoming a [suicide prevention champion](#) or attending a half-day online training, please get in touch with Matt at [suicideprevention@mindincroydon.org](mailto:suicideprevention@mindincroydon.org)

Other online training can be found here: [www.zerosuicidealliance.com/](http://www.zerosuicidealliance.com/)

### **Basic Digital Skills Training**

Superhighways are offering free basic digital skills training for people who need help to use online health services. We provide one to one support with experienced trainers to get you started. And access to basic digital skills training you can log into any time that suits you. Refer your clients here: [www.connectedkingston.uk/services/kingston-digital-health-hubs](http://www.connectedkingston.uk/services/kingston-digital-health-hubs)

**Two Generations** help people who are lonely or isolated in their homes by finding them a carefully selected flatmate. The flatmate normally helps for around 15 hours a month / half an hour a day (although more can be arranged), helping with non-Care ordinary tasks such as cooking, cleaning, IT support, pet sitting, gardening, shopping, and driving you to places.