

Slough Senior Citizens

Date: 6<sup>th</sup> October

Combatting Isolation and Loneliness

National Older Peoples Day – attendees 22 delegates including service users

Speaker: Sajidah Chaudry Volunteer Centre Slough

1. Understand the issue eg: loneliness
2. Make a choice – what can I do etc wg: writing, ineditorial??
3. Make it happen join befriending groups
4. Be grateful for what you can do examples: volunteer, join groups
  
5. Ensure people who are lonely access services
  
6. Use volunteers
  
7. Choose life/choose to link make activities available

Speaker: Dr Jim O Donnell

Causes –

- Break down of relationships
- Reduces mobility
- 3 times more likely to end up in residential care
- Deprived Communities are at risk of social isolation are are 'hard to reach'
- Health inequalities especially with pensioners and people over 65
- Causes ill health
- Carers are lonely especially unpaid carers

Some solutions-

- We become better about identifying this issue
- Voluntary sector are best to help with this
- Working with professionals to screen and identify, reach out and intervene
- Better use of technology and work with individuals
- Join support group within surgeries and faith settings

Speaker: Mr Mann Slough Senior Citizens Group

1. People need someone to talk too
2. Women from BAME communities are not allowed to go out on their own and are isolated and lonely
3. Voluntary Sector Organisations are doing so much we just need to capture it within one single point of access
4. Support groups such as singing, laughing and music
5. Intergenerational projects within faith settings including painting and arts
6. Stop people from becoming couch potatoes and housebound in front of the TV

Speaker: Mr Gutpa – Slough Senior Citizens older person

- Emptiness syndrome is huge especially within the BAME communities as they are growing
- Must engage residents to volunteer
- We must work together to combat this growing issue and there is loss of resources
- Personal contact at the community level as we believe in the values
- Language can be a barrier and cause loneliness
- Support groups don't just talk the talk but they walk the walk too
- Support activities are in place and using business to offer subsidised lunch clubs
- Tailor programmes to address the need

Speaker: Dr Sadhra

- There needs to be recognition and GPs can recognise the signs of loneliness
- Body language
- Accessing befriending schemes
- Joining book clubs
- Gardening
- Reiki groups and therapeutic groups within faith settings
- Specialist support groups

Open group discussion

- Need to educate children
- The voluntary sector need to work together to work on this issue SPACE and Slough Senior Citizens must work together with public health
- Work with professionals such as GP's and Social Services to identify people who are lonely
- Recognise people who are lonely and who are not
- Better use of faith settings, churches and various religious establishments
- Use a common tool to identify loneliness with public health