



# Beating Loneliness and Isolation Later in Life

One Westminster



# Westminster

## Statistics

**Table 6: LSOAs where there are many older residents and high propensity for social exclusion, by borough**

Borough	LSOAs with both a high number of older residents and a high propensity for social exclusion amongst older people
Westminster	14
Camden	4
Ealing	3
Barking and Dagenham	2
Harrow	2
Hounslow	2
Islington	2
Kensington and Chelsea	2
Newham	2
Waltham Forest	2
Barnet	1
Brent	1
Croydon	1
Enfield	1
Haringey	1
Southwark	1
Tower Hamlets	1

LSOAs are geographical areas designed to improve the reporting of small area statistics in England & Wales. The population of an LSOA can vary from 1,000 to 3,000 people with the average size of a London LSOA at 1,800 people. There are 4,835 LSOAs in London

# Loneliness and Isolation

## The Impact

- Mental health
- Physical health
- Decreased confidence
- Loss of identity and self-purpose
- High use of GP's and A&E services
- Limited access to information



Image: Rise (2015)

# Befriending Services

## Benefits

- Reduces feelings of social isolation and loneliness
- Reduces levels of stress
- Increases community engagement
- Increases knowledge on local services
- Mutually enjoyable for Volunteer and Service User



# Befriending Services

## Westminster

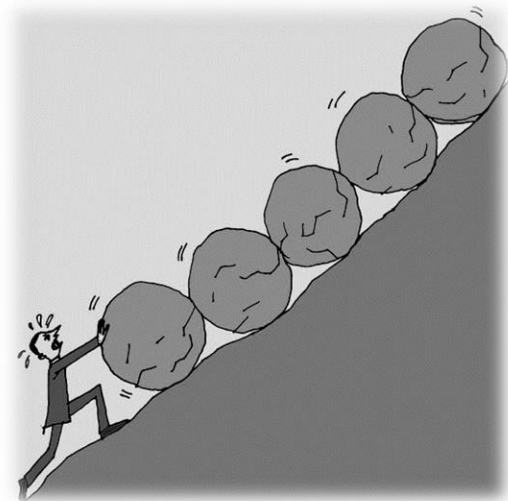
- Social prescription
- Various services; Octavia, Abbey Housemates, Age UK
- Meeting different needs; Resonate Arts, Mind
- Reaching different wards/areas
- Older Peoples Network



# Befriending Services

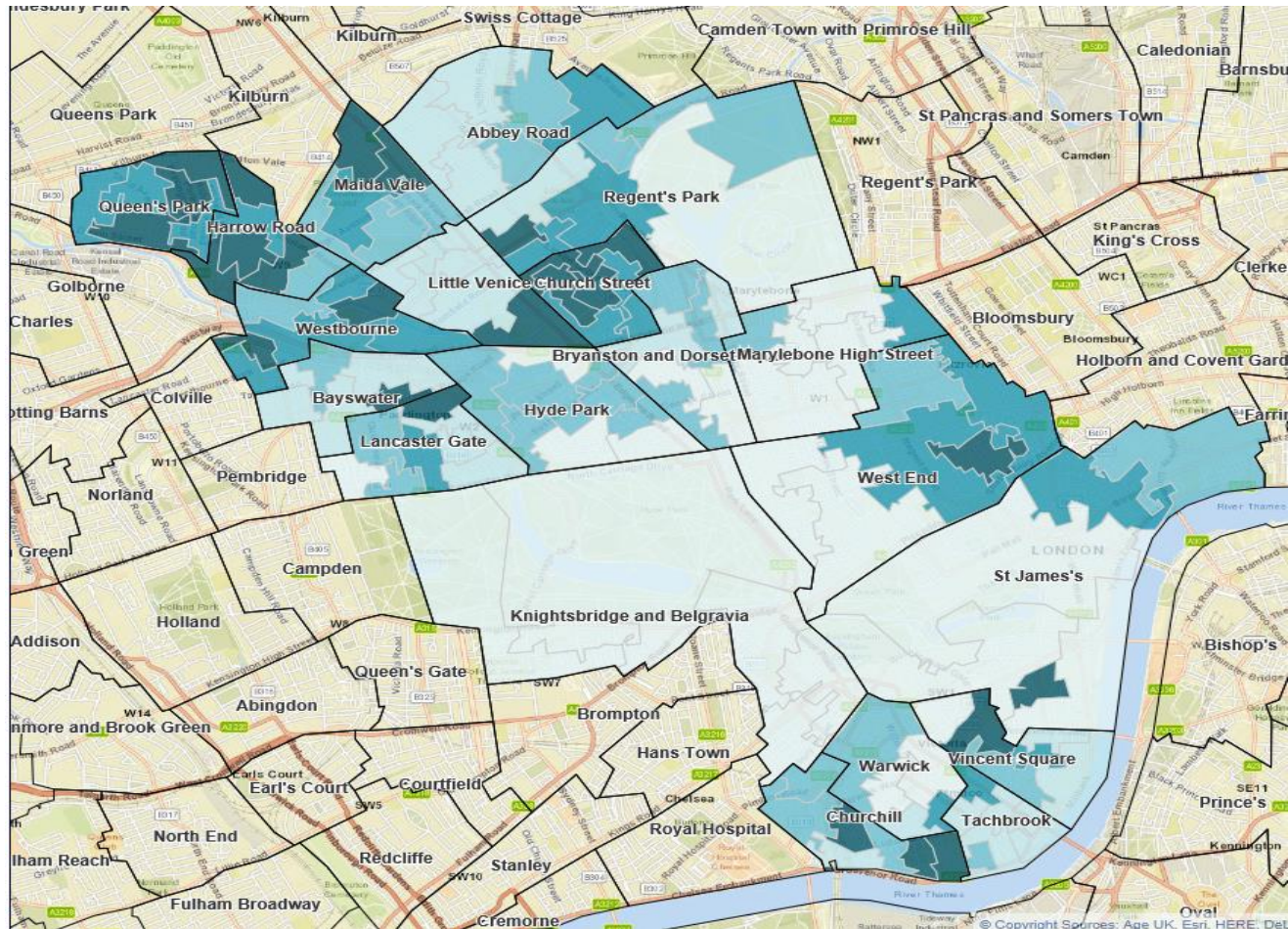
## Challenges

- Understanding of the service
- Inappropriate referrals – GP's & Care Navigators
- Service Users vs Volunteers
- Consistency across other befriending services
- Appropriate training
- Unintentional dependency



# Westminster

Older people living alone.



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## Case studies

### **Case study 1:** (Female, 86)

Spell of anxiety and depression. Lost her husband, sister and a close friend. Lacked confidence in going out and meeting new people.

### **Mentoring process:**

Matched with a Volunteer studying counselling. Accompanied to Open Age activities and tried different classes.

### **Outcome:**

Has felt less anxious and has focused on incorporating a routine, attending drawing classes and re-joining her local church group. Since joining art classes, she has discovered a new skill which she enjoys putting into practice at home.





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## Case studies

### **Case study 1:** (Male, 91)

Limited mobility, wife placed in a care home following a deterioration in health and advanced dementia

### **Mentoring process:**

Matched with a Volunteer merely based on musical interests

### **Outcome:**

Both constantly learning from one another and share musical interests.  
Attend a different local café for a every visit and plan excursion.  
Have attended various events and are now very good friends.

***'I'm the happiest I have been in a very long time'***



Thank you

Questions

