

Tackling social isolation and loneliness in Scotland's Communities

A Partnership Approach



Supporting



BritishRedCross

Why Social Isolation & Loneliness?



Building our evidence

Who is at risk from Social Isolation & Loneliness?

Building our evidence



Young new mums



Recently bereaved



Recently divorced or separated



Empty nesters / Retirees



Mobility limitations



Health issues

Life changes focused on in our research

“As a young mum with most friends not also having children a lot of friendships fell apart”

32% of young new parents said they always or often feel lonely

“I found it really hard being on my own again; you think going to a party and other occasions by yourself is a big thing”

33% - People who are recently divorced or separated who said they always or often feel lonely

“I didn’t expect routine to be as hard to set as it has been. I thought I’d be surrounded by more people”
46% of retirees said they wouldn’t know where to turn for help.

“When I could feel more up to talking or going out, most people had moved on with their own lives”

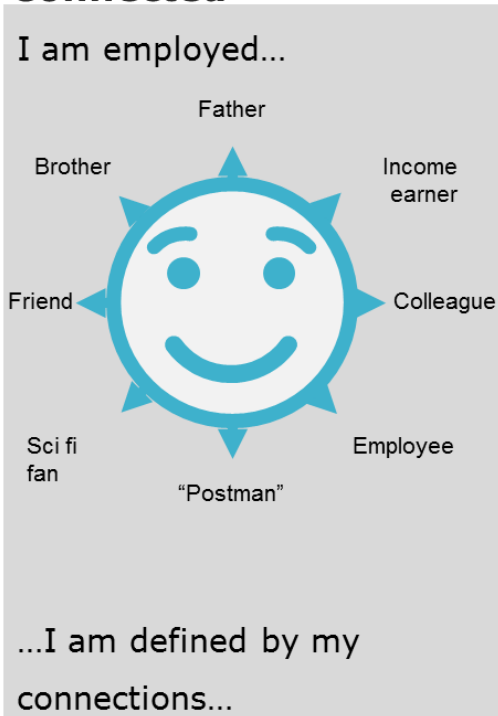
54% of people who are recently bereaved said they wouldn’t know where to turn for help.

What does it feel like to be lonely?
I can tell you exactly, it's like being
in a bubble and you want to get
out but you just, you try and you
can't do it, you just can't get out.
Man, age 55-74, Health issues

“Isolation is depressing, so you go
into depression. I've had mornings
where I'm so depressed I've gone
back to bed and I've said when I
wake up it will be different.”
Woman, age 35-54, mobility issues

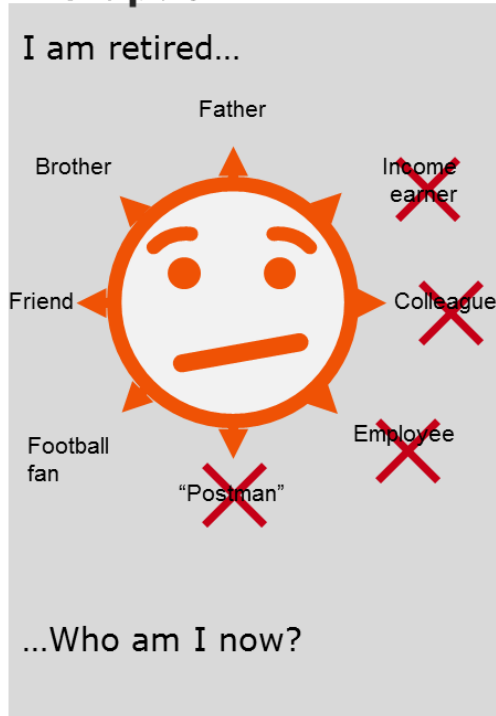
Key Findings from the Research

Connected



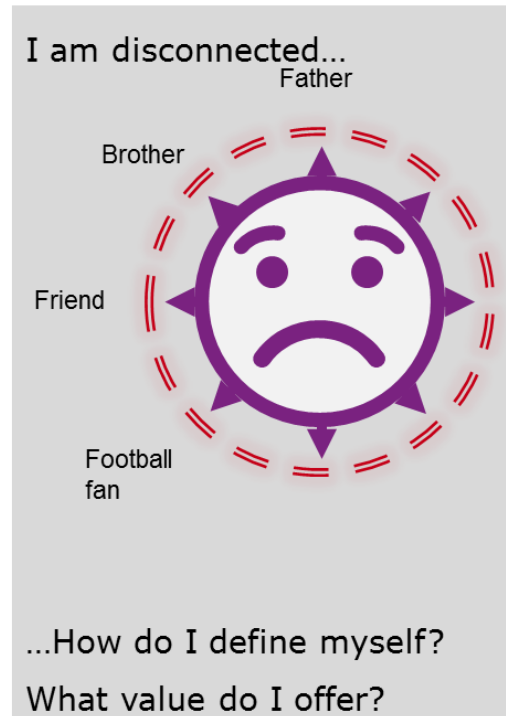
Preventative

Disruption



Responsive

Disconnection



Restorative

What does good support look like?

1. Support that gives a sense of purpose
2. Peer led or co-designed support that included 'people like me'
3. Local to individuals and easy to access
4. Free or affordable support
5. Support that instils a sense of identity for participants
6. Provide clear goals and pathways to reconnection
7. Support that benefits others
8. Shared interest support

If good long term support can be provided, the country will have healthier happier people who can make a positive contribution to their community and wider society.”

(Expert, Across groups)

“Fundamental political approaches [are needed] to foster an inclusive, caring, society rather than a self-centred, divisive one. Central policies encouraging and supporting the voluntary sector would help hugely. As would less emphasis on austerity and more support for public services.”

(Expert, Health)

