



Loneliness Has No Prejudice

Loneliness & Ill Health

29% more likely to get heart disease.

Increases the likelihood of mortality by 26%

Puts individuals at greater risk of cognitive decline.

32% more likely to have a stroke.

Dementia and Alzheimer's disease **doubles** in those who experience loneliness.

Cost of Treatment



Dementia and
Alzheimer's
disease costs
NHS Scotland
**£700
million.**

Obesity &
diabetes cost
NHS Scotland
on average
**£600
million.**

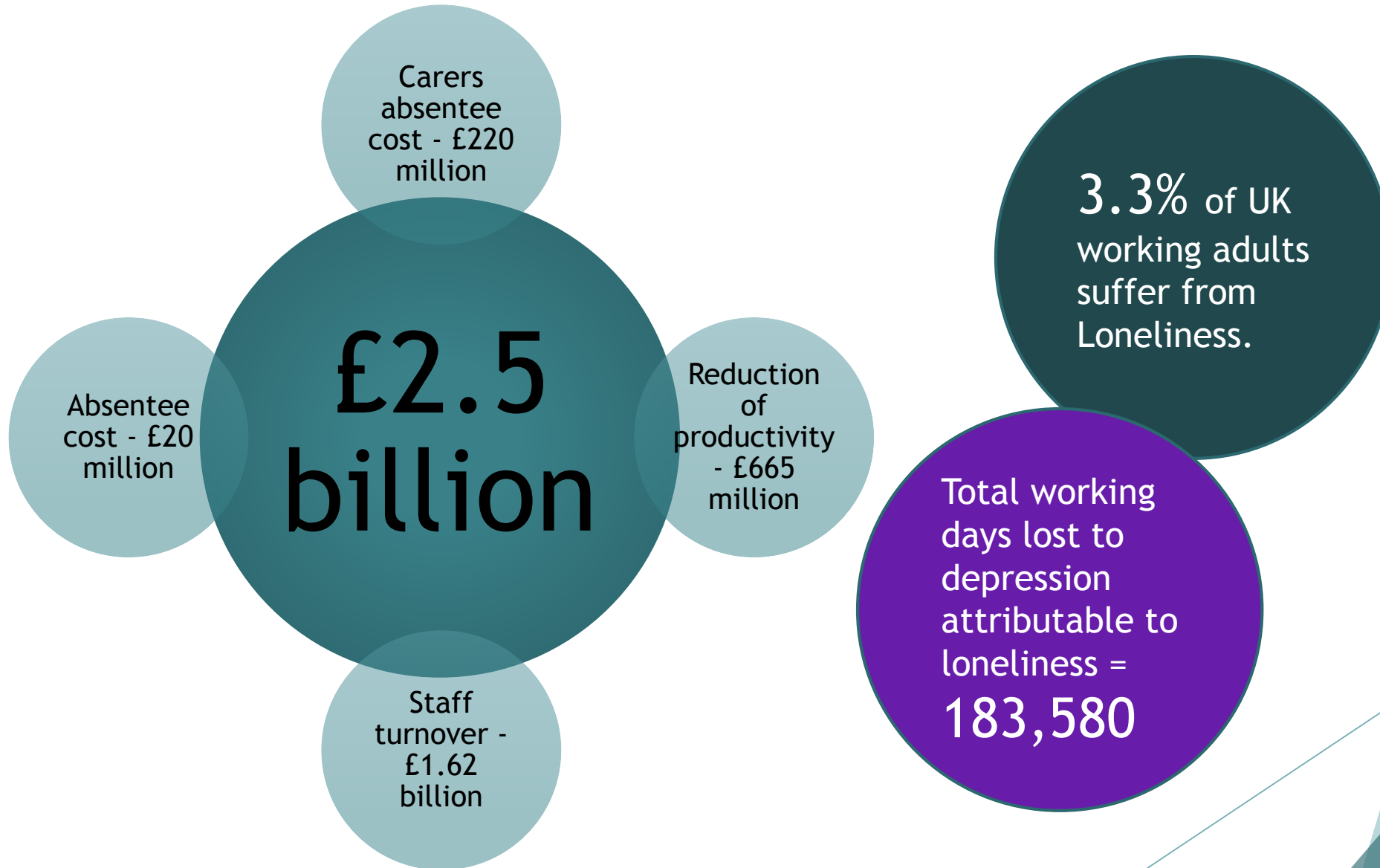
Cardiovascular
diseases cost NHS
Scotland around
**£800
million.**

24 million
prescriptions
dispensed for
heart disease
in 2014.

Economic Cost of Loneliness

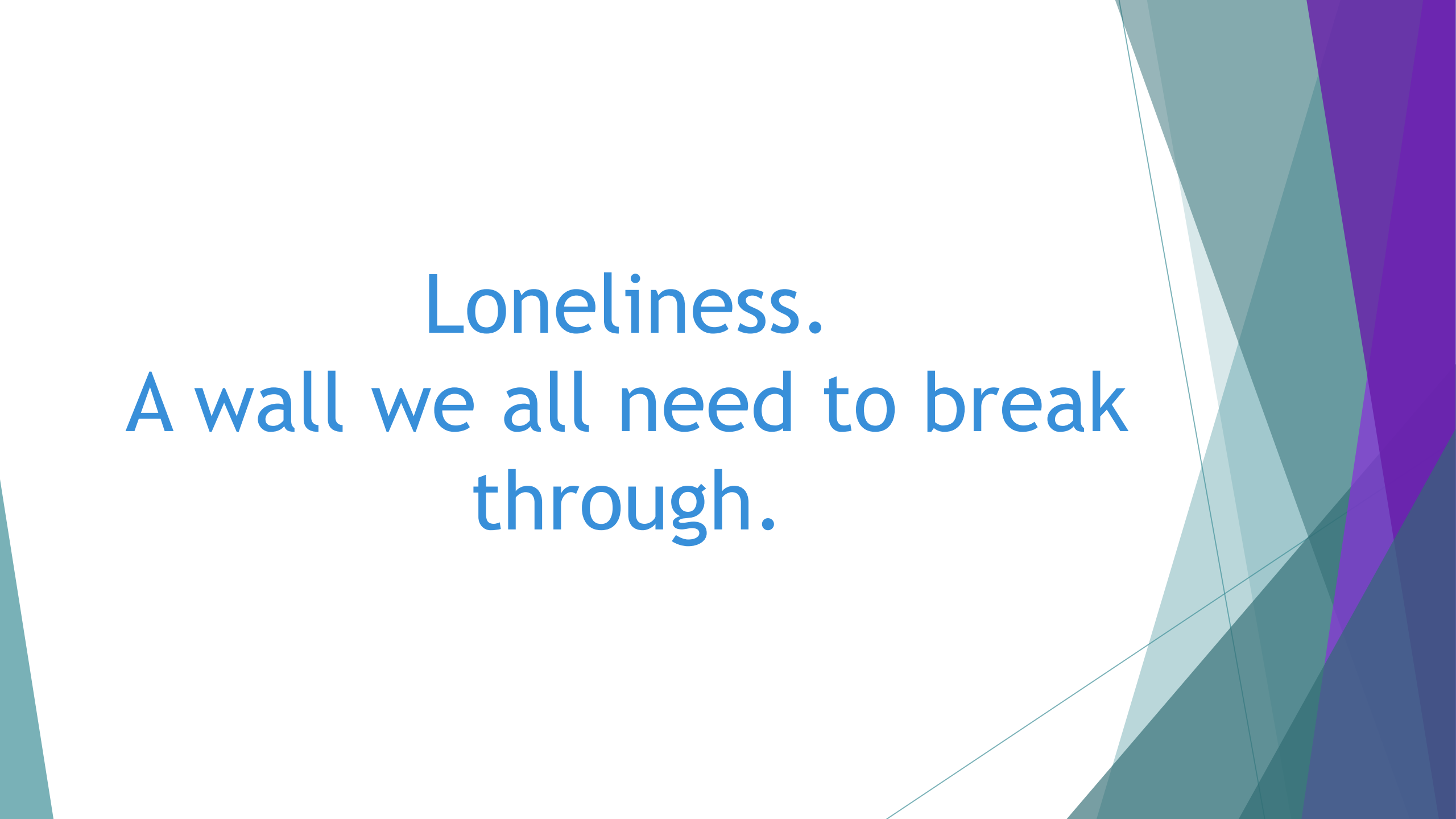


Cost of Loneliness to UK Employers

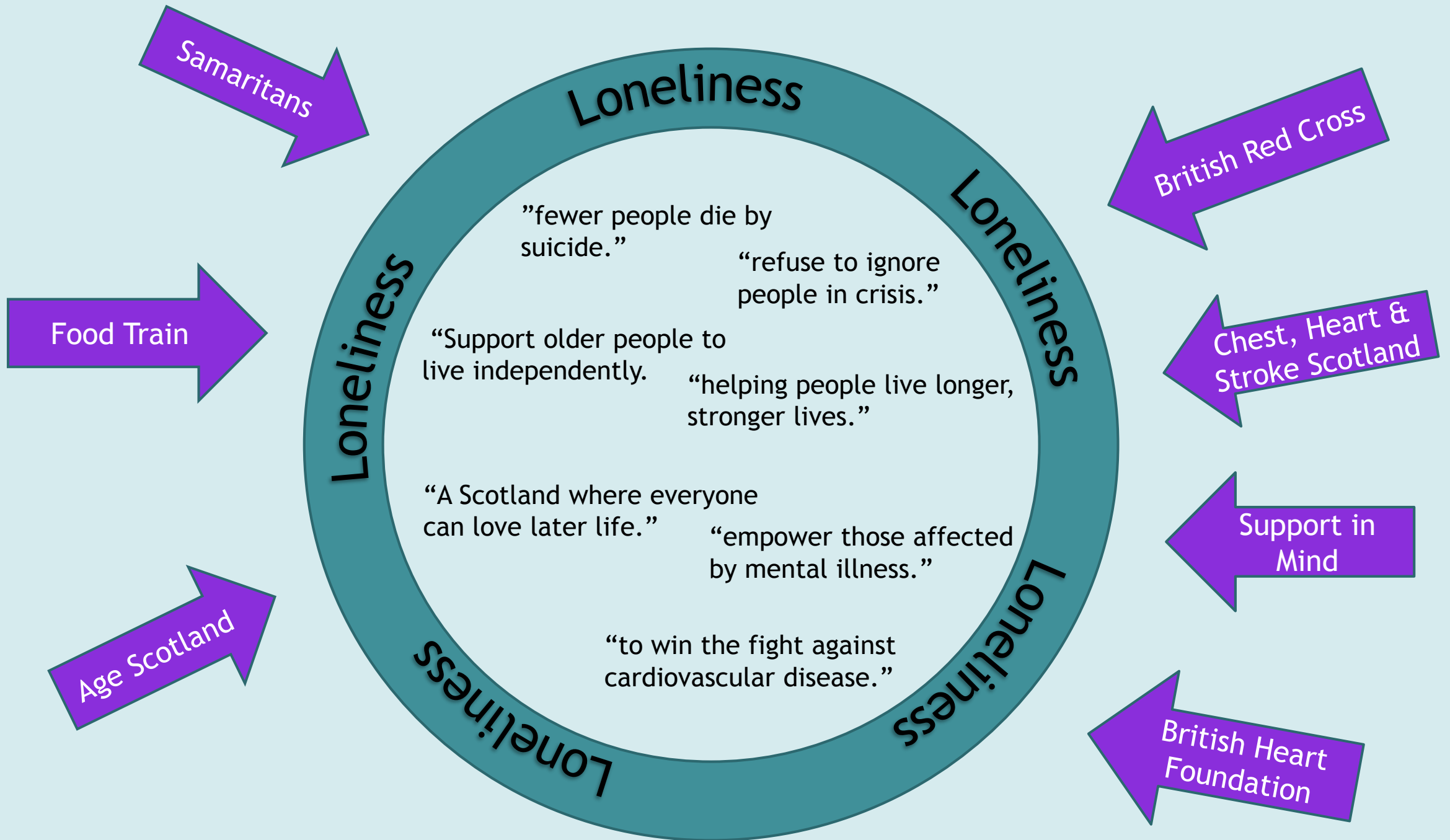


Annual Costs of Loneliness for Different Sized Employers

Number of Employees	Annual Cost of Loneliness
Up to 250	Up to £20,586
250-1000	£20,586 - £86,342
1000 - 10,000	£82,342 - £823,423
10,000 - 100,000	£823,423 - £8.2 million



Loneliness.
A wall we all need to break
through.





Loneliness. It's more than just a feeling.



Loneliness is as damaging to our health as smoking 15 cigarettes a day.



Loneliness. It's more than just a feeling.



Loneliness can increase the risk of having a stroke or coronary artery disease by 30%.



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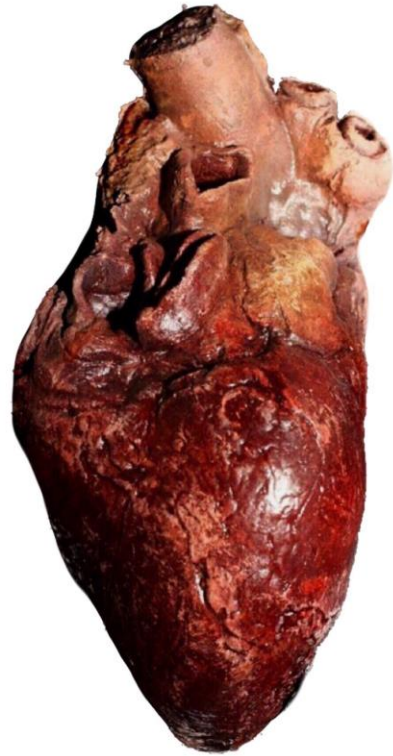
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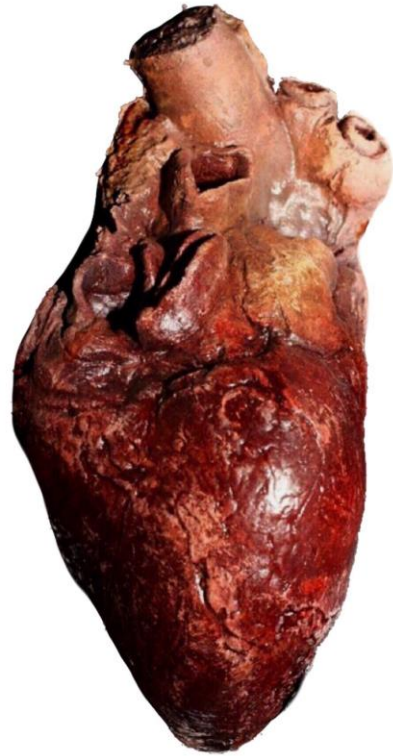
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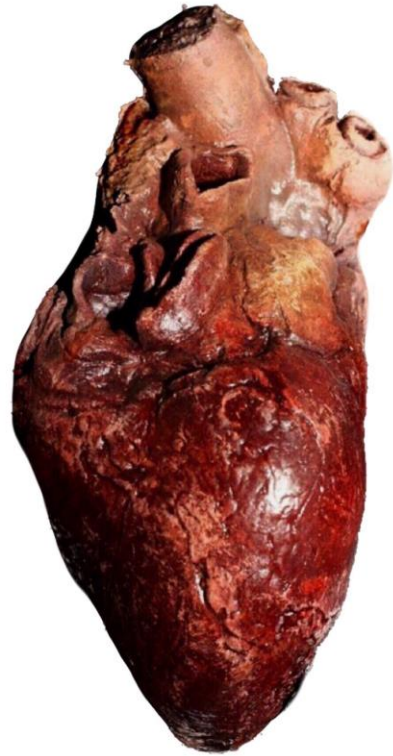
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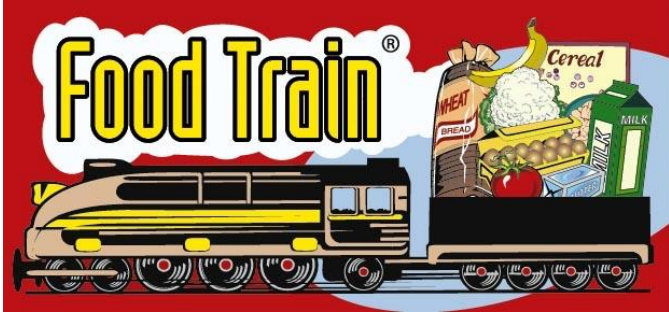
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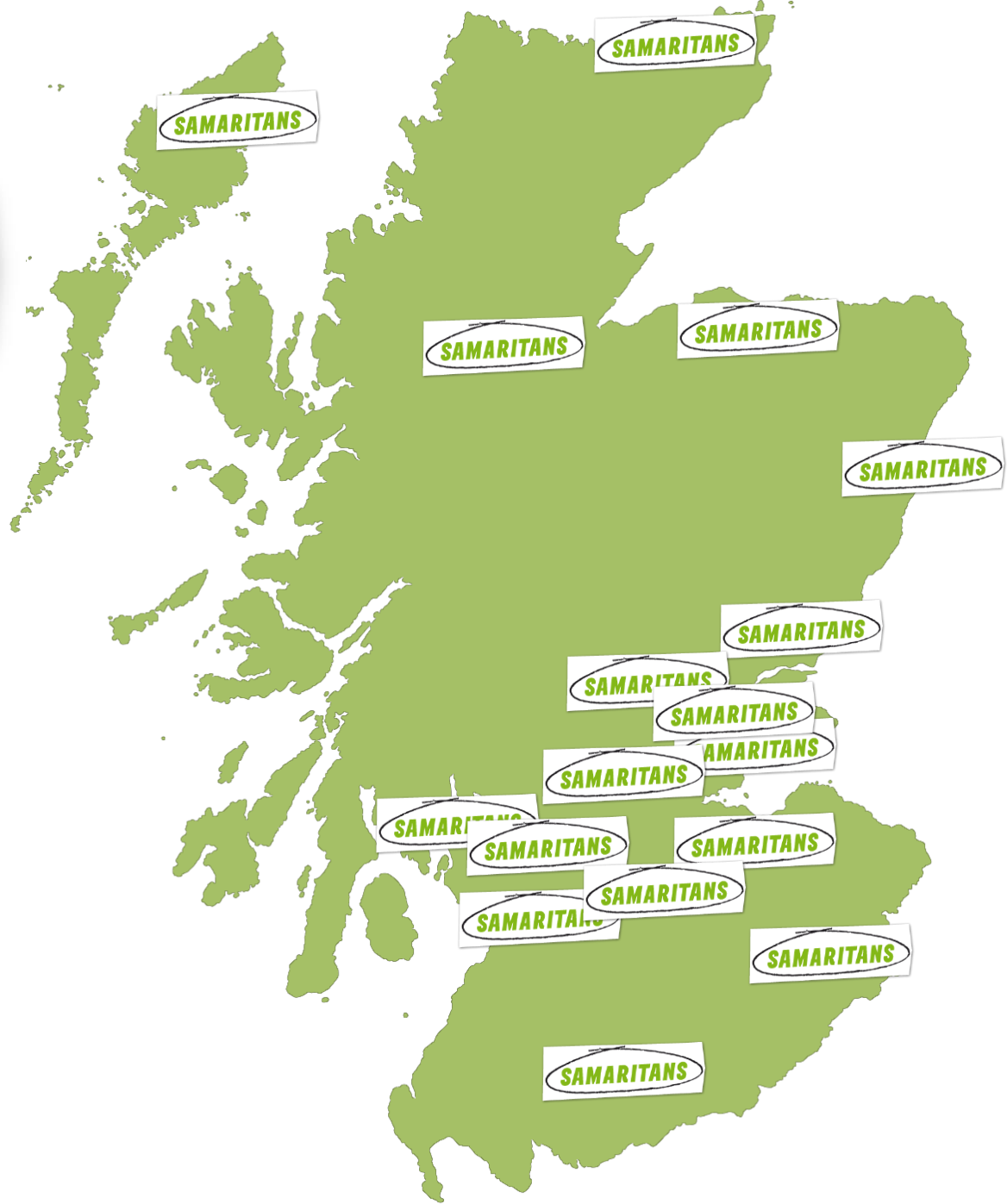
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A Loneliness Hub

Coming to a Community Near
You...

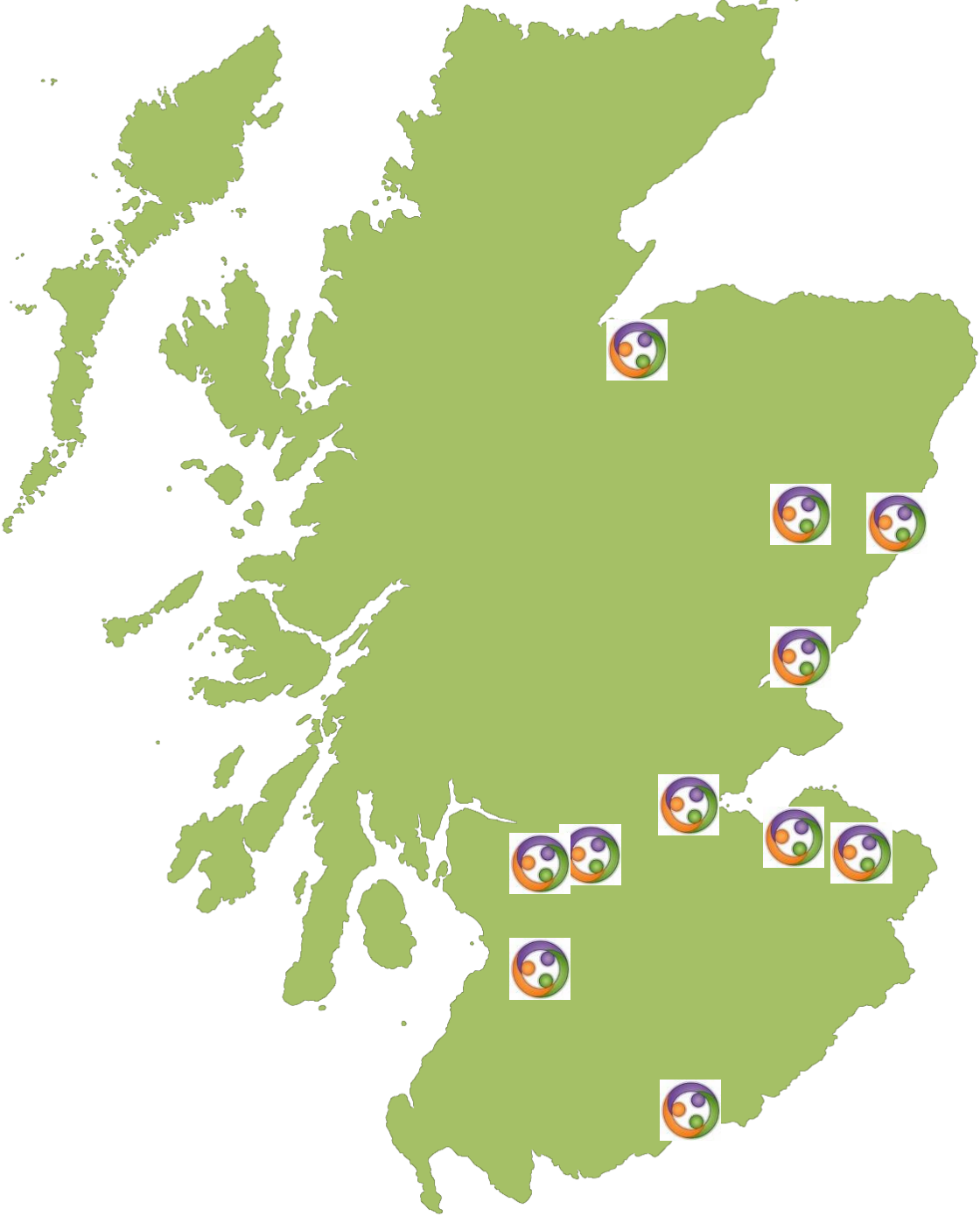


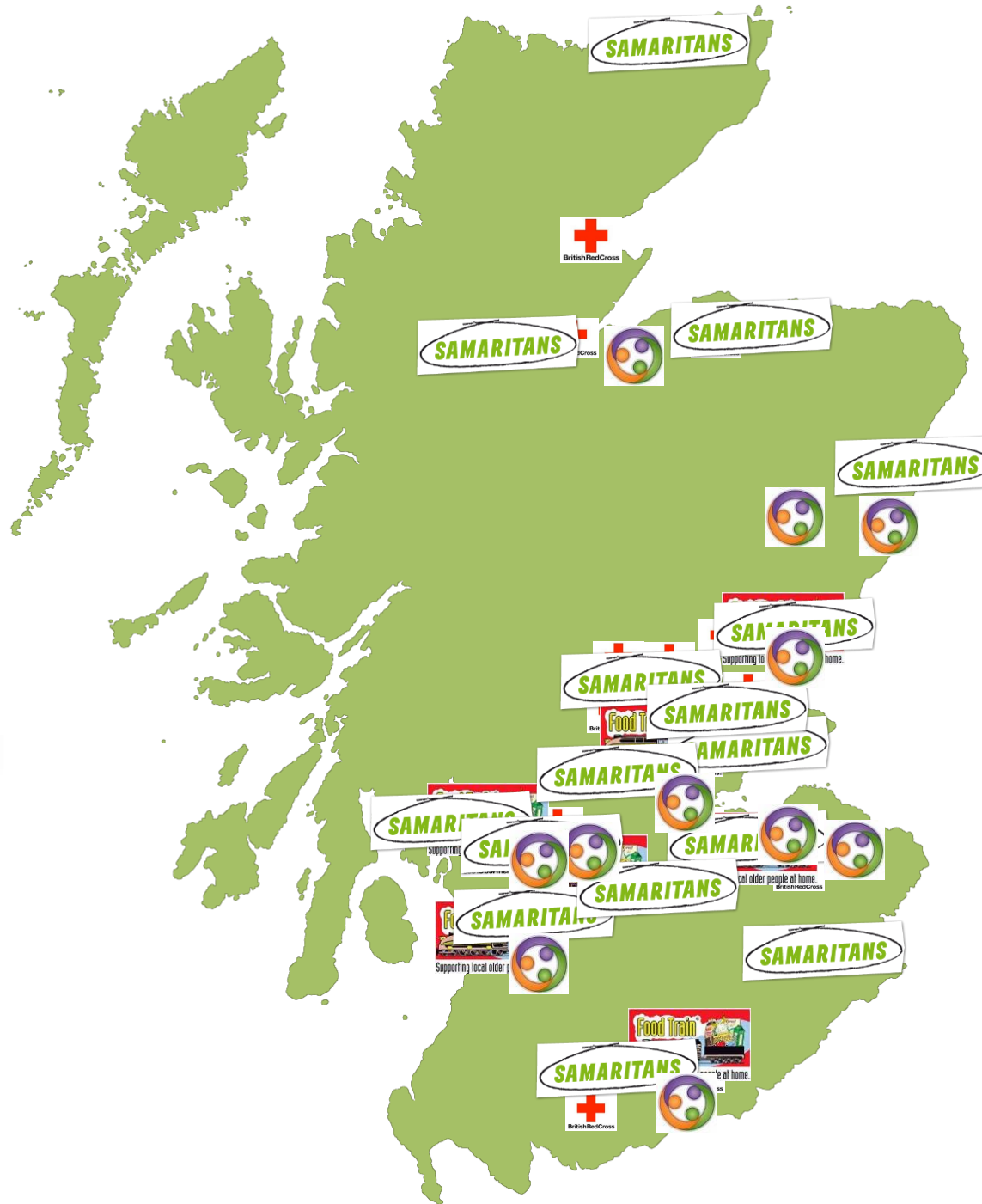
SAMARITANS





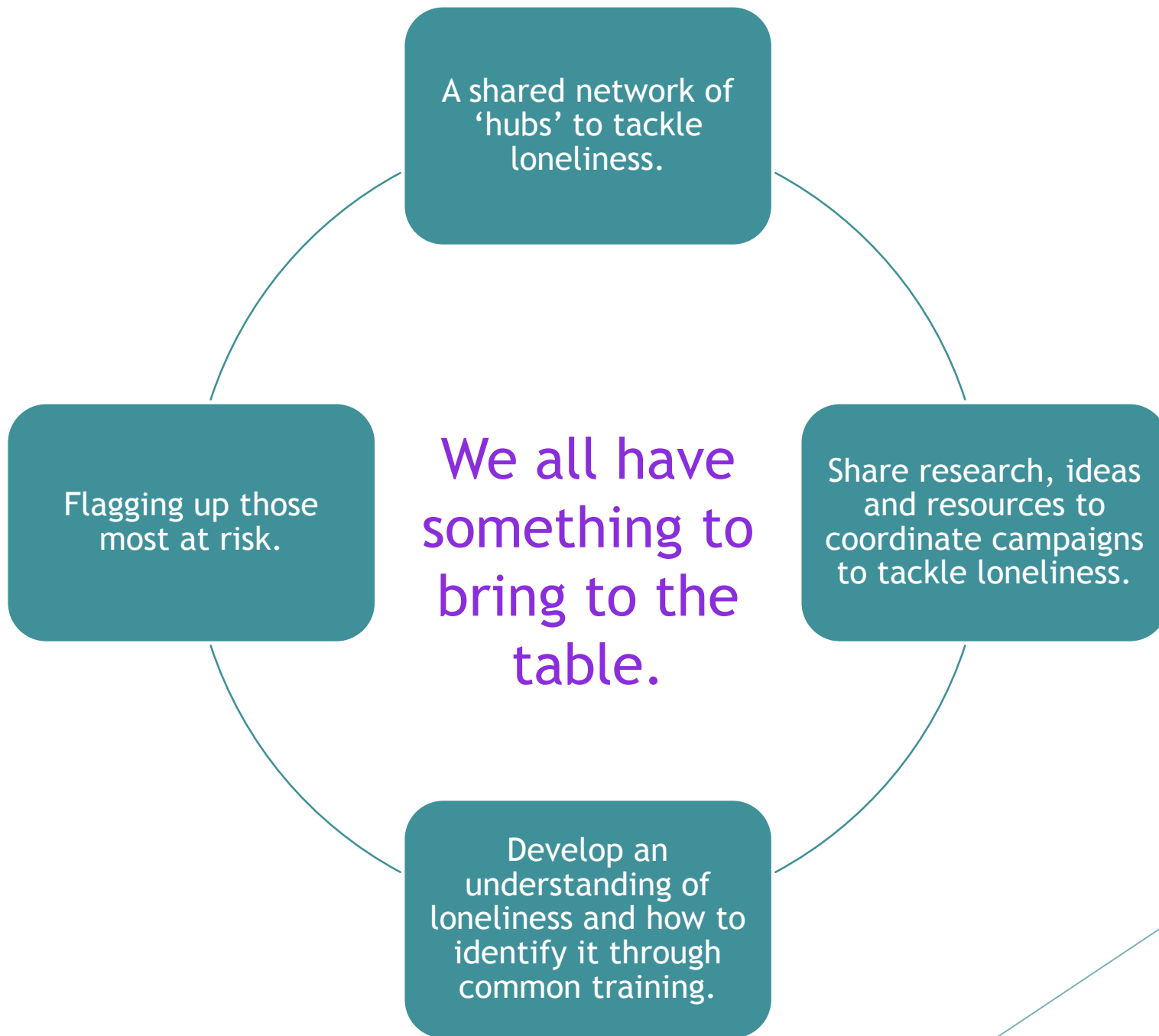
Befriending
Networks





The “Team Approach”

The background features abstract, overlapping geometric shapes in shades of teal, green, and purple, primarily concentrated on the right side of the frame. The shapes are semi-transparent, creating a layered effect. The overall aesthetic is modern and professional.



A shared network of 'hubs' to tackle loneliness.

We all have something to bring to the table.

Share research, ideas and resources to coordinate campaigns to tackle loneliness.

Develop an understanding of loneliness and how to identify it through common training.

Flagging up those most at risk.

Action Plan before our next meeting

What do you have?
What do you need?



Network
Development /
Recruit Partners



Collaborate to share
resources and ideas to
devise a campaign.



Will Little

Scott Webster

Michael Rubia

Anurag Khadka

