

# Campaign to End Loneliness

## Constituency campaign pack

### Supporting neighbourhoods

There will be two million more single person households by 2019<sup>i</sup>. 17% of older people are in contact with family, friends and neighbours less than once a week, and 11% are in contact less than once a month.<sup>ii</sup>

MPs are well placed to promote or support activities that are happening in their constituency to bring people together with their neighbours: from street parties to coffee mornings. Elected representatives can also bring people together through surgeries. For example, in Stroud, one elected member from the district council sits on a '[Mayor's Bench](#)' every Wednesday for the public to raise issues but also just to have a chat with someone.

Our [End Loneliness Constituency Campaign Pack](#) includes a number of examples of how MPs and councils can support connected and social neighbourhoods:

#### 1. 'Know your Neighbour' campaigns

There are many variants on the 'Know your Neighbour' campaign which can be adapted by MPs. Sometimes these are triggered by specific events, such as bad weather. Macra Na Feirme is a national youth organisation in Northern Ireland. It organises a [Know Your Neighbour Weekend](#) and is supported by the Irish President. The organisation's website contains a number of ideas and contains some resources that could be adapted by MPs to suit local need.

#### 2. Street parties

Some of the best known regular street parties are organised under the banner of [The Big Lunch](#) project. The project aims to strengthen communities and to encourage people to help others who are lonely or isolated by having an annual event where local people get together. Every year, they provide interested neighbourhoods with lots of materials and tips about how to hold a street lunch.

#### 3. Build community partnerships

Some MPs are looking at how to make areas of their constituency more connected by arranging roundtables with local businesses, GP practices, councillors, pubs and charities who could work together or offer more to older people. This can help map resources in your area, but also prompt different sectors to work together to devise new ways of reaching those who are isolated.

<sup>i</sup> According to FDS International forecasts, single person households will grow from 30% of households today, to 34% in 2019. In numerical terms, this means a rise from 7.9 million today to 9.7 million by 2019, an additional 1.8 million single person households (or a 25% increase in total numbers of singles) over the decade

<sup>ii</sup> Victor, C. Scambler, S. Bond, J and Bowling, A. 'Being alone in later life: loneliness, social isolation and living alone' *Reviews in Clinical Gerontology* 2000 v.10 (4)