



Dear

The end of summer has brought a particularly busy and exciting period for the Campaign to End Loneliness as we examine our survey data and plan upcoming projects, partnerships and events.

We attended launches of two projects working to combat loneliness and social isolation in the United Kingdom. One was Joseph Rowntree Foundation's brand new Neighbourhood Approaches to Loneliness programme and the other MHA's long-standing Live at Home scheme. Both of these organisations are contributing to the growing awareness of the need to combat loneliness and work to deliver practical solutions for individuals.

Do you have an upcoming event or project you would like to talk about? This month we're highlighting the exciting work of Spring Chickens in Northern Ireland, which is run by our supporter Big Telly. Let us know what you're doing and you could be in October's e-update or write for our blog.

Views on the News

New research offers insight into the link between loneliness and poor health in humans: Researchers have discovered a link between levels of social interaction and weight in mice. Despite being fed a high-fat diet, mice with a 'challenging' social lifestyle were less likely to gain weight. These findings offer further evidence for the relationship between loneliness and ill health in humans, and highlight how face-to-face interaction could be key to maintaining physical wellbeing.

Eligibility 'reassessments' and cuts increasing isolation amongst social care users: Poole Council's decision to raise eligibility criteria have put day centre users at risk of social isolation, a new study by Poole Local Involvement Network has found. This was due to people lacking personal funds, confidence or family help that was now needed to compensate for reductions in social care support.

A report has suggested gay men and women are at greater risk of a lonelier older age: Commissioned by Stonewall, the charity for lesbian, gay and bisexual people, the report identified increased risk factors included living alone, having less contact with family in later life and being childless. You can read our blog on combining risk factors and loneliness here: <http://bit.ly/mX8SLT>

News from the Campaign

Project planning and funding applications are well underway; last week the Campaign held a brainstorming session for an upcoming project around future-proofing our lives to ensure we carry meaningful relationships into older age, particularly focusing on transition points into later life. Attendees ranged from social care organisations to filmmakers to social change movements and we

will work with many of these to work this project into its development stage over the coming months. With the support of 14 partner organisations, the Campaign has submitted a second funding application to the Calouste Gulbenkian Foundation to continue their funding for the Campaign to September 2013. This will cover two new projects that will begin in January 2012, so watch this space!

We are now blogging regularly! Make sure you stay updated by visiting <http://www.campaigntoendloneliness.org.uk/blog/>. If you would like to contribute your expertise, opinions or experiences by writing a short piece for us, please get contact Anna (anna@campaigntoendloneliness.org.uk) with any suggestions.

Please follow us on Twitter: you can find us at **@EndLonelinessUK**

Other news from across the country

Places are still available at the Lemos&Crane Bloom Conference: ‘Combating older people’s loneliness and social isolation’. This event will provide practical guidance, plus examples of innovation and good practice from a range of individuals, providers and commissioners of care and support services for older people. Paul Cann, founder partner of the Campaign to End Loneliness, will be speaking and we will be exhibiting. For more information see: <http://bit.ly/qbnBkl>

The Joseph Rowntree Foundation has launched a new project called ‘Neighbourhood Approaches to Loneliness’. This is a 3 year research project looking at how community environment and activities contribute to the well-being of people of all ages experiencing loneliness. The project will then aim to increase the independence and well-being of people at risk of or experiencing loneliness and the Campaign is looking forward to their future recommendations. More information can be found here: <http://bit.ly/fXNtxH>

CSV ‘Make A Difference Day’ Activity Locator is now live! This tool showcases volunteering opportunities for Make a Difference Day on 29th of October. This year, CSV are highlighting how volunteers can tackle loneliness and isolation. To find out more, get some new recruits or host a special activity between the 22nd of October and 6th of November; take a look at their website: <http://bit.ly/aoZZJ1>

Big Telly Spring Chickens is a Northern Ireland wide programme celebrating the creativity and imagination of older people. For the third year running, Spring Chickens aged 60 – 103 have worked with professional theatre makers to create and stage their own productions across Northern Ireland. This year’s performances will premiere on International Older People’s Day, the 1st of October, and run again between the 17th and 23rd of October. For more information visit their website (www.big-telly.com/springchickens) or call 028 7083 1782.

Best wishes,

Laura and Anna

Campaign to End Loneliness Team

If you would like to stop receiving these updates, please let us know by emailing info@campaigntoendloneliness.org.uk.