LEICESTER CITY HEALTH AND WELLBEING BOARD
DATE 15th December 2016

Subject:	Loneliness and social isolation
Presented to the Health and Wellbeing Board by:	John Mair-Jenkins
Author:	John Mair-Jenkins

EXECUTIVE SUMMARY:

This paper aims to provide information about the risks, impacts and interventions for loneliness and social isolation, highlight the position in Leicester and inform discussion about options for further work.

Key messages:

- Social isolation is as a complex issue affecting individuals, but also influenced by local community and wider society. It is often considered an issue of older age, however people can experience social isolation at any age or stage of life.
- Reducing loneliness and social isolation at individual and community level across the City of Leicester will contribute to improving overall health and wellbeing.
- Risk factors of loneliness and isolation are often linked to deprivation therefore action on isolation will also help reduce health inequalities.
- Many interventions (including those not targeted at preventing loneliness and isolation) and Leicester City Council services may increase social connectivity and reduce isolation. However, there is often a lack of clear evaluation of these interventions in terms of their effect on isolation, poor health and health inequalities.
- A rapid evidence review of interventions has been completed and found evidence of effective group and individual interventions to tackle isolation and loneliness, however there is a lack of consensus about which interventions are best suited for cities like Leicester. Effective interventions tend to be adaptable, take a community based approach and encourage productive engagement of users.

RECOMMENDATIONS:

The Health and Wellbeing Board is requested to accept this briefing in order to inform multiagency discussion about isolation and loneliness in Leicester.