

# Addressing Loneliness in Older People in Slough

Wednesday 10<sup>th</sup> August 2016

# Agenda

- 1.00 Registration & Lunch
- 1.30 **Welcome and Introductions** – Ramesh Kukar, CEO Slough CVS
- 1.35 **Cllr Sabia Hussain** - Deputy Leader Commissioner for Education and Children's Services / Health and Social Care
- 1.45 **New Initiatives** – Case Study, Men's Matters – Madhuri Bedi, Radian
- 1.55 **Current activities in Slough** – ALL
- 2.15 **Slough Borough Council:** Update – Alan Sinclair, Acting Director Adult Social Care
- 2..30 **Round table discussions:**
- What can your organisation do to address isolation and loneliness?
  - What is missing or needed?
  - What would help to tackle the issue together?
- 3.15 **Feedback and Next Steps** – Colin Gault, Slough
- 3.30 **Close** – Ramesh Kukar, CEO Slough CVS

**Facilitators** – Colin Gault and Eileen Denny

# Ramesh Kukar

## CEO, Slough CVS

- 75% of doctors said they see up to 5 patients a day whose main reason for visiting their doctor was loneliness.
- 13 per cent of older people are unable to leave the house due to ill health.
- 15 per cent cited having no one to accompany them and that they don't like to go out alone.
- One in eight older people who are lonely said they worry about their mental health because they have no-one to talk to.
- half of all older people (about 5m) say the TV is their main company

# The proportion of adults who drink every day

1%      9%      13%

- 16 to 24      • 1%
- 25 to 64      • 9%
- 65+      • 13%

% Increase in past 10 years of older people between the ages of 60 and 74 admitted to hospitals in England with mental and behavioural disorders associated with alcohol?

150%

# Academic research

## Lonely individuals are more likely to:

- Visit their GP, have higher use of medication, higher incidence of falls and increased risk factors for long term care (Cohen, 2006)
- Undergo early entry into residential or nursing care (Russell et al, 1997)
- Use accident and emergency services independent of chronic illness. (Geller, Janson, McGovern and Valdini, 1999)
- 64% increased chance of developing clinical dementia (Holwerda et al, 2012)
- Lonely individuals are also at higher risk of the onset of disability (Lund et al, 2010)

# How can I, my organisation and my Community make an impact?

*“What we lack when we continually experience loneliness is **oxytocin**”*

Dr David Stoop

Medical prescription v.  
Social Prescription





# **CIr Sabia Hussain**

**Deputy Leader Commissioner for  
Education and Children's Services /  
Health and Social Care – Addressing  
Isolation and Loneliness in Slough**

**Madhuri Bedi**  
Radian

**New Initiatives:**  
Case Study, Men's Matters

# Exercise 1 – Current Activities

This session introduces loneliness as an issue in Slough that affects many people. This exercise will enable us to understand what we currently do in Slough to reduce loneliness personally and professionally living and working.

# Alan Sinclair

## Acting Director Adult Social Care

### Slough Borough Council Update

# Round Table Discussions

- What can your organisation do to address isolation and loneliness?
- What is missing or needed?
- What would help to tackle the issue together?

# Feedback and Next Steps

## Colin Gault, Slough

# Addressing Loneliness Survey

<http://bit.ly/2b2Ytlq>

Or go to:

[www.sloughcvs.org/events.php](http://www.sloughcvs.org/events.php)

# Close

Ramesh Kukar, CEO,  
Slough CVS