

Connectness**SOUTH YORKSHIRE AND BASSETLAW
INTEGRATED CARE SYSTEM COLLABORATIVE BOARD****10th May 2019**

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Sponsor	Terri Roche																			
Is your report for Approval / Consideration / Noting																				
For noting.																				
Links to the STP (please tick)																				
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Are there any resource implications (including Financial, Staffing etc)?																				
To be determined.																				
Summary of key issues																				
<p>The Local Authority Chief Executives discussed working with the ICS on a South Yorkshire and Bassetlaw basis to look at priorities for the Local Authorities and the potential of working in partnership with wider partners including the NHS. The priorities were discussed at a workshop organised by RMBC including Sir Andrew Cash, Sharon Kemp and the Directors of Public Health in March. From that workshop it was decided to follow up on three thematic areas, Complex Lives, Connectness and Physical activity/active travel.</p> <p>A template outlining the Connectness theme has been drafted and populated with ideas for what is happening now and how it may be possible to scale up activity with support from ICS partners. This is still work in progress and are working towards a June deadline for submitting the template for a decision. This paper is designed to update the ICS on this activity and to inform the Board of the theme.</p> <p>Why Connectness.</p> <p>“Loneliness can be defined as a subjective, unwelcome feeling of lack or loss of companionship. It happens when we have a mismatch between the quantity and quality of social relationships that we have, and those that we want”.</p>																				

But loneliness is a bigger problem than simply an emotional experience. Research shows that loneliness and social isolation are harmful to our health: lacking social connections is a comparable risk factor for early death as smoking 15 cigarettes a day, and is worse for us than well-known risk factors such as obesity and physical inactivity.

Loneliness increases the likelihood of mortality by 26%. It has been linked to depression, higher rates of poor physical health, such as coronary heart disease and stroke, increased risk of premature death, with men particularly affected, and there is also growing evidence that loneliness may increase the risk of dementia.

Addressing loneliness is complex. There is no ‘one size fits all’ approach, as there may be many factors contributing towards feelings of loneliness, and everyone experiences these feelings differently.

The main focus would be to look at ways of connecting people and communities; increasing social interactions and helping people to feel they belong, as well as better understanding local need across the life-course.

Recommendations

To consider the following areas for development across the ICS:

To upscale MECC Loneliness/Connectness approach across the ICS footprint.

To ensure that Social Prescribing is linked in with social connectness (SP separate work stream).

To work to be Age friendly South Yorkshire.

To agree to promote the “Five Ways To Wellbeing” across SY&B with ICS support.

To ensure that the developing primary care networks embed social Connectness as a key part of their social prescribing offer.

To potentially resource effective approaches by main stream NHS for example b:friend and apps (apply digital technology as appropriate).

Co-ordinated NHS approach regarding bereavement services/support.

Summary update to the Collaborative Partnership Board

SOUTH YORKSHIRE AND BASSETLAW INTEGRATED CARE SYSTEM COLLABORATIVE BOARD

Date 10th May 2019

1. Purpose

To provide a brief and short update of the ongoing work around Connectness (loneliness) and the potential to upscale some of the initiatives across the ICS footprint and the supporting role for the ICS to transform SY&B in relation to this agenda.

2. National context

In 2015 Jo Cox MP set up a cross-party commission on loneliness. Following her death in 2016, the Jo Cox Commission on Loneliness saw 13 organisations come together to highlight the scale of loneliness in society. The culmination of this was the publication of the report 'Combating loneliness one conversation at a time' at the end of 2017.

In January 2018 Theresa May appointed Tracey Crouch MP as the ministerial lead on loneliness. She was tasked with delivering a strategy using the findings of the commission as its base.

The Government published their Loneliness Strategy on October 15th 2018 following a call for evidence that had over 400 responses. Following Crouch's resignation in November 2018, the minister for loneliness is Mims Davies MP.

The principles of the strategy include:

- Working in partnership – with business, health sector, local government, voluntary sector and wider society.
- Willingness to test, iterate and learn – recognising limitations of the existing evidence base.
- Focus on 'key trigger points' – which push people in and out of feeling lonely. They are informed by the ONS analysis of Community Life Survey data which identifies where people are at risk of feeling lonely more often.
- Recognising importance of personalised approaches and local solutions – vital given complex and subjective nature of loneliness.

The content of the strategy provided validation that locally in Rotherham, the approach and actions being explored were going in the right direction. The national, strategic actions that the strategy proposed would also enhance what was being done locally and help drive further change and action across the system.

Key actions in the national strategy include:

- Plans to mainstream and standardise system of social prescribing with 'link workers' embedded – national system in place by 2023. Schemes to be mapped. Best practice guide to be published. Online platform to be published. Learning programme to be established.
- New money to develop community assets - £11.5 million 'building connections fund'. The grantees have since been announced.
- 'National conversation' to reduce stigma for Loneliness

- Focus on whole life course – understanding that loneliness can strike at any point. Strategy notes that ‘vast amount’ of research has been done on loneliness for elderly – more needs to be done regarding young people.
- Consideration of Loneliness embedded in national decision making process – every government department to report back how they have embedded loneliness within their decision making process.

3. Recommendation

To upscale MECC approach to loneliness/connectness across the ICS footprint.
To ensure that Social Prescribing is linked in with social connectness (SP separate work stream).
To work to be Age friendly South Yorkshire.
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On behalf of Terri Roche

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