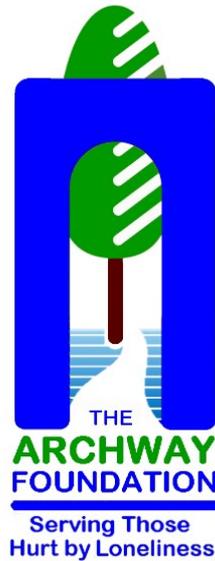


HEALTHY ABINGDON APRIL 26<sup>th</sup> 2018



1

## What is loneliness?

### **LONELINESS:**

a subjective, negative feeling or experience where there is a discrepancy between the amount and quality of social contacts one has, and the amount and quality one would like to have.

### **SOCIAL ISOLATION:**

the absence of social contacts and social connectedness.

2

## Why be concerned about loneliness?

Research indicates that loneliness  
**Can affect health and has cost implications**  
for health and social care.

3

The **adverse health effects** of loneliness **may include:**

- Comparable mortality to the impact of obesity & similar influence as cigarette smoking (Holt-Lunstad, 2015)
- Increased risk of high blood pressure (Hawkley et al, 2010)
- Higher risk of the onset of disability (Lund et al, 2010)

4

## **Loneliness impacts by**

- Putting us at greater risk of cognitive decline (James et al, 2011)
- Giving us a 64% increased chance of developing clinical dementia (Holwerda et al, 2012)
- Making us more prone to depression (Cacioppo et al, 2006) (Green et al, 1992)

5

## **When we are experiencing loneliness we**

- Visit the GP more, have higher use of medication, higher incidence of falls & increased risk factors for long term care (Cohen, 2006)
- More likely to undergo early entry into residential or nursing care (Russell et al, 1997)
- Make more use of accident and emergency services independent of chronic illness. (Geller, Janson, McGovern and Valdini, 1999)

6

## **Impact of loneliness on our Communities**

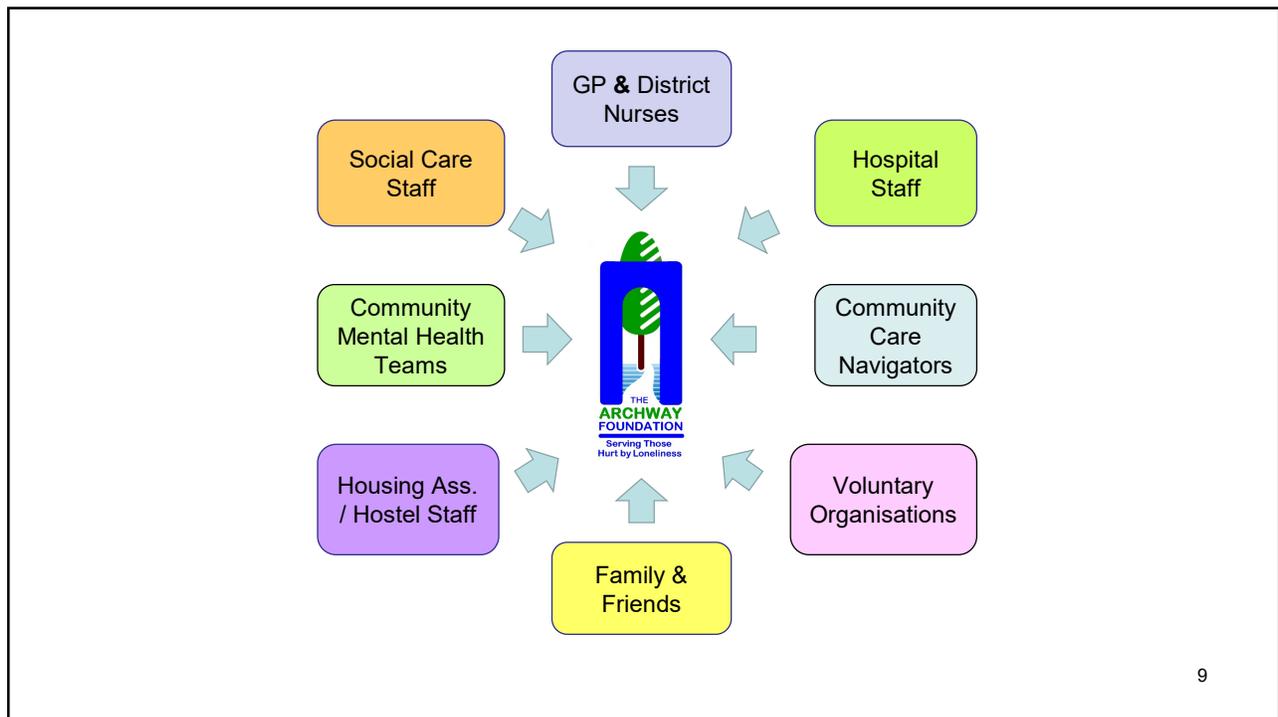
- Loneliness also has a wider impact on the health and vibrancy of our communities.
- Those who are lonely lose confidence and withdraw, so their communities lose their valuable skills, talents, passions and resources, and are poorer for it.

7

## **What does Archway do?**

- provides a sense of belonging for those who feel unwanted, excluded and forgotten by society
- offers the opportunity to make friends and meet people in a supportive environment
- helps people to regain social confidence and contribute to society
- raises the profile of loneliness

8



## How does it do this?

Individual face to face meeting (usually a home visit) to

- Assess current situation
- Identify need
- Explore if and how a link with Archway might help
- Signpost to other sources of support as required

## Range of Services



**Supportive Social Group**

## WHERE & WHEN?

IN ABINGDON

### **FRIDAY AFTERNOON SOCIAL GROUP**

2.00pm to 3.30pm

Alternating with

### **FRIDAY EVENING SOCIAL GROUP**

7.30pm to 9.00pm

**ABINGDON BAPTIST CHURCH, OCK STREET, ABINGDON**



## SUBSIDISED TRANSPORT TO EVENING GROUPS



## BEFRIENDING



## **IMPACT- Latest Friends (service user) survey shows**

- 98% had made new friends
- 96% felt less lonely
- 90% felt less anxious
- 90% reported an improvement in their confidence and self-esteem
- 70% reported that they were now more able to make informed life decisions
- 54% felt that they were more able to cope and live independently.

15

# **YOUNG ADULTS PROJECT**

16

For further information contact:

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