

## **Haringey CCG Network meeting - Thursday 17 December 2015**

### **Feedback notes**

#### Introduction

The theme for the December network meeting was centred on social isolation in the community. We wanted to find out what members thought the barriers are that cause people to feel unable to connect to their local community, as well as, explore what we can do to reduce and prevent social isolation.

Neighbourhoods Connect, a community based project focused on tackling and reducing social isolation in Haringey, provided members with an overview about the service, including how it benefits individuals, the community and wider society. The service is funded by the Better Care Fund – a joint fund created by Haringey CCG and Haringey Council to ensure health and social care services work better together for local people.

In addition to sharing their views, network members signposted local services, projects and organisations that they knew of, on a map of Haringey to help Neighbourhoods Connect expand on their community contacts.

This document summarises the discussions and feedback heard from Network members at the meeting.

#### Barriers causing social isolation

- Cultural considerations - need to identify things that people from different cultures are used to doing to help facilitate those social connections. A good example is Caribbean men over 55 who gravitate towards activities like dominoes and cricket – if the social spaces aren't there to do those activities then the social contact/interaction is lost.
- Language barriers – especially for our larger communities. We really need to address this and come up with a long term solution
- Physical and mental illness
- Alcohol and substance dependencies
- Low confidence – not confident about meeting people
- Difficulty accessing services or activities - e.g. transportation problems
- Fear of asking for help. Stigma attached to being lonely.
- No central information resource which is accessible to those at risk of being isolated or people working with this group.
- Age
- Bereavement
- Family living elsewhere
- Personal choice
- Fear of one's community

- Fear of established organisations
- Socio-economic factors, such as unemployment. This can restrict people being able to access activities.

#### Solutions to tackle social isolation

- Buddy programmes
- Residents start their own groups or activities, e.g. walking groups or coffee mornings
- More engagement with libraries to promote services and activities
- Build relationships with key local businesses, such as supermarkets, shopping centres and post offices and other community organisations and services including GP surgeries and pharmacies, to promote the Neighbourhoods Connect service.
- Promote community spirit by organising more inter-generational projects.
- Break down stereotypes – e.g. the assumptions that all hoodie wearing youths are criminals or young ladies with children are single mothers.
- Volunteering
- Planning retirement
- Confidence building programmes. Shouldn't be a one off session.
- More marketing/ publicity to promote these opportunities
- Think about utilising church halls for groups and activities because there are so many of them in Haringey
- Support needed for smaller groups and organisations doing good things in the community, but if they want to expand further, they may need some form of support to understand/navigate the commissioning process

#### Other comments

- Neighbourhoods Connect can be used to show what works/ doesn't work to inform future commissioning.
- Link to social prescribing.