



Join the new Social
Isolation & Loneliness
Network

What's the idea?

Bring together a relevant group of people on a quarterly basis, with linked task and finish groups, to try to co-ordinate efforts to reduce social isolation and loneliness.





Why?

There's a growing body of evidence that social isolation and loneliness has a significant negative impact on people's health and wellbeing, on happiness, on productivity and on society as a whole. Different groups think about it and experience it differently, and it has a lot of different causes, so we need to look at it in the round if we're to significantly reduce it in East Suffolk. Social isolation and Loneliness is a priority for the Community Partnership Board (and several individual Community Partnerships) and has been since their formation in 2019.





What might be the aims of the network?

Improve our understanding of the problem in the local context, map what's being done now, understand best practice and what more we could do

Use the lived experience of people in different target groups to inform our work and co-produce solutions where possible

Share knowledge through a central digital space and encourage collaboration to deliver holistic solutions

Look at root causes to stop isolation and loneliness developing in the first place

Develop a toolkit for all providers to use to embed maximised social isolation and loneliness mitigation into any project

Develop a toolkit for communities and individuals to use to reduce isolation and loneliness in friends and neighbours

Identify and launch/support specific projects to tackle isolation and loneliness

Understand the value of reducing isolation and loneliness and collect impact data to prove the savings to the system of this work.



What now?

If you're interested in helping to reduce social isolation and loneliness and making East Suffolk happier, healthier and better connected, then please email alex.heys@eastsuffolk.gov.uk to join and help to shape the network

