Combating Loneliness in Southampton
Terms of Reference and Inquiry Plan

1. Scrutiny Panel membership: To be confirmed

   a. Councillor
   b. Councillor
   c. Councillor
   d. Councillor
   e. Councillor
   f. Councillor
   g. Councillor

2. Purpose:

To review progress being made in Southampton to combat loneliness and to understand what is being done to reduce loneliness elsewhere, and what initiatives could work well in the City to help people make connections and improve their wellbeing.

3. Background:

- Loneliness is a significant and growing issue. Acute loneliness has been consistently estimated to affect around 10-13 per cent of older people.
- Its impacts are devastating and costly – with comparable health impacts to smoking and obesity.
- Loneliness is amenable to a number of effective interventions. Taking action to reduce loneliness can reduce the need for health and care services in the future
- The Campaign to End Loneliness and Age UK have developed a framework which sets out a series of practical interventions to address isolation.
- Loneliness has been identified by the Better Care Programme as a major issue for people living in Southampton and work, co-ordinated by the Integrated Commissioning Unit, is underway to produce a plan to tackle loneliness in the City.

4. Objectives:

   a) To review progress being made in Southampton to combat loneliness.
   b) To understand what is being done to reduce loneliness elsewhere.
   c) To identify what initiatives could work well in the City to help people make connections and improve their wellbeing.

5. Methodology:

   a) Benchmarking our current progress against framework
   b) Seek stakeholder views
   c) Undertake desktop research
   d) Identify best practice

6. Proposed Timetable:

Six meetings between September 2015 and March 2016.

7. Draft Inquiry Plan (subject to the availability of speakers)

Meeting 1: 8 September 2016

- Introduction, context and background
  - o What is loneliness / social isolation?
  - o What are the issues faced and impact on individuals and local services?
  - o What groups are at risk and what are the risk/trigger factors?
  - o Types of support we need to consider having in place
- Overview of current position in Southampton.

To be invited:

- Cabinet Member for Health and Sustainable Living
- Representative from The Campaign to End Loneliness

Meeting 2: 6 October

Issue – How do we identify people who are lonely?
  - o Raising awareness
  - o Using data

To be invited:

- To be confirmed

Meeting 3: 17 November 2016

Issue – What works effectively to combat loneliness for **older people** and how can we help?

To be invited:

- To be confirmed

Meeting 4: 8 December 2016

Issue - What works effectively to combat loneliness for **children and young people** and **working age adults** and how can we help?

To be invited:

- To be confirmed

Meeting 5: 19 January 2017

Issue – Identifying the Gateway services and blockages

<u>To be invited:</u>

- To be confirmed

Meeting 6: 2 March 2017

To approve the final report of the inquiry and recommendations.