

<b>Meeting of South Ayrshire Health and Social Care Partnership</b>	<b>Performance &amp; Audit Committee</b>
<b>Held on:</b>	<b>20<sup>th</sup> February 2024</b>
<b>Agenda Item:</b>	<b>11</b>
<b>Title:</b>	<b>Progress report on the Social Isolation and Loneliness Strategy 2018-2027</b>
<b>Summary:</b>	
<p>The purpose of this report is to provide the Performance and Audit Committee with an update on the progress of the implementation plan of the Social Isolation and Loneliness Strategy which covers the period 2018-2027.</p>	
<b>Author:</b>	<b>Phil White, Partnership Facilitator</b>
<b>Recommendations:</b>	
<p><b>It is recommended that the Performance &amp; Audit Committee</b></p> <p>i. Note the contents of this report and the progress of implementing the strategy.</p>	
<b>Route to meeting:</b>	
<p>Routine route to the Performance and Audit Committee of Strategies; following approval by the Integration Joint Board in 2017.</p>	
<b>Implications:</b>	
Financial	<input type="checkbox"/>
HR	<input type="checkbox"/>
Legal	<input type="checkbox"/>
Equalities	<input type="checkbox"/>
Sustainability	<input type="checkbox"/>
Policy	<input type="checkbox"/>
ICT	<input type="checkbox"/>

## PROGRESS REPORT ON THE SOCIAL ISOLATION AND LONELINESS STRATEGY 2018-2027

### 1. PURPOSE OF REPORT

- 1.1 The purpose of the report is to provide the Performance and Audit Committee with an update on the progress of the implementation plan of the Social Isolation and Loneliness Strategy which covers the period 2018-2027.

### 2. RECOMMENDATION

#### **2.1 It is recommended that the Performance & Audit Committee.**

- i. Note the contents of this report and the progress of implementing the strategy.

### 3. BACKGROUND INFORMATION

- 3.1 The Social Isolation and Loneliness Strategy 2018-2027 was approved by the Integrated Joint Board at its meeting on 4 June 2019. The Strategy is accompanied with an Implementation Plan designed to take forward the three key Strategic Objectives namely 'prevent', 'respond' and 'restore' as well as delivering both local and national outcomes. This is the first update on progress made against the Implementation Plan. This nine-year strategy would focus on older people for the first three-year implementation plan.
- 3.2 The attached update (appendix 1) produced through the Pentana Performance Management System provides an update on each individual action contained within the Implementation Plan.
- 3.3 Social isolation & Loneliness in relation to older people, remains a local priority within South Ayrshire Local Outcomes Improvement Plan (LOIP). Currently, the governance arrangements for the Social Isolation & Loneliness Strategy Implementation Group are provided by the Population Health Strategic Delivery Partnership incorporated within the Community Planning Partnership structure.
- 3.4 The first Implementation Plan for the Strategy covered the period 2018-2022 and there has been a recent updating of this Implementation Plan to form a new Implementation Plan for 2023-27. This considers new opportunities to support Social Isolation (such as our moved towards Locality based working), changes in Community Planning arrangements, new funding sources and other realities such as the Cosy Space initiative to address the Cost-of-Living crisis. In addition, the work associated with the development of an Ageing Well Strategy and the associated Age Friendly Community outworking will also provide strategic contexts to embed social isolation into broader work.

#### 4. REPORT

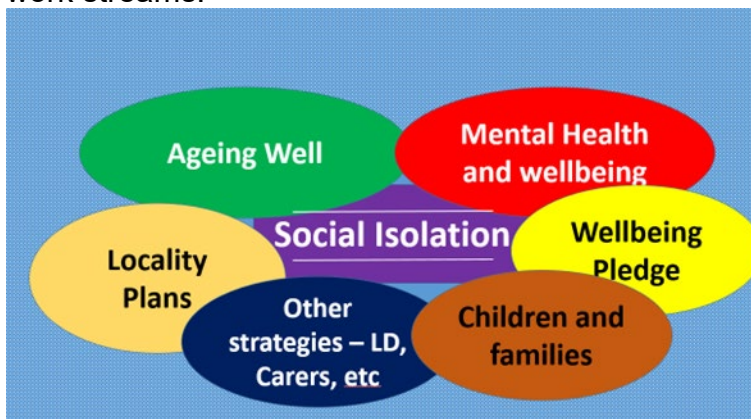
4.1 It is proposed that the Performance & Audit Committee considers agreement to the content of the updated Implementation Plan for 2023-27 which will form the focus of future scrutiny.

4.1.1 The focus of this plan is on alignment with the priorities of South Ayrshire Community Planning Partnership's Local Outcomes Improvement Plan (LOIP)

4.1.2 Please note that work is taking place by South Ayrshire Community Planning Partnership to implement a new LOIP from April 2024.

4.1.3 Essentially a new context for the outworking of the Social Isolation and Loneliness Strategy has developed. Social Isolation and Loneliness priorities are now addressed within a range of other strategies that contain many significant areas of work surrounding Social Isolation within them.

4.1.4 The following diagram helps illustrate the growing strands of interconnected work streams:



4.1.5 This suggests that the function of the central strategy group needs to be updated and a new draft is required surrounding the terms of reference for the group. This recognising that the existing components of the strategy remain germane. Wider work however, particularly in relation to the Respond and Restore elements, might be largely covered in other strategies as these would include many population groups.

4.1.6 The Prevent strand is suggested as requiring more centrally driven work – for example training and awareness programmes, public communication, marketing, and thinking ahead work such as pre-retirement. Some larger strategic elements such as, engaging with the wider community and supermarkets for example, may need to be centrally led through the Community Planning Partnership.

4.1.7 The new terms of reference would focus on co-ordination of all the activity on Social Isolation within many strategies and plans and at locality level. It would also concentrate on some 'Prevent' work better carried out centrally including

Communication/Marketing. This would then reflect this new function in terms of membership. It is likely a summary of these developments and future functions including membership will required to be reported and agreement sought through Strategic Planning and Advisory Group in addition to Population Health SDP.

- 4.1.8 A summary table of actions surrounding the new plan for 2024 onwards is provided below.

Status	Number
✓ Completed	0
🟢 On target	33
🟡 Showing some concerns	0
🔴 Not on target	0
⚙️ Not due to start	0

## 4.2 Prevent: prevent people from becoming chronically socially isolated or experiencing loneliness (primary prevention)

### Two significant and linked areas:

- 4.2.1 The work supported through the Scottish Government Mental Health and wellbeing monies distributed via VASA (£337,058). Funding for 2024 is due to be announced in March of this year for new and existing applicants. It is expected that the projects will be widely advertised via a launch style event facilitated by VASA. Successful organisations that received a grant from this fund in 2023 included:

Ayr Housing Aid Centre
SCIO
Ayrshire Tigers Powerchair Football
Community Gift Exchange
Colmonell Community Association
Community Wellbeing Hub
Girvan Community Garden
Glendoune Community Association
Harbour Ayrshire
HOPE Wellbeing Centre
MindfullyPresent CIC
Mossblown Matters
Christians Against Poverty (CAP) at Riverside Church
SISG
South Ayrshire Carers Centre
Vics in the Community
Yogable

4.2.2 These organisations represent a significant grassroots-based programme addressing community based mental health and wellbeing including the addressing of social isolation and loneliness. For example, the Hope Wellbeing project has established itself in premises in Ayr High Street offering a range of 1:1 and group services addressing mental health and wellbeing, for example, linked to bereavement support.

4.2.3 The other significant area is the Cosy Spaces initiative led by VASA and supported by the HSCP and others. The groups who were allocated a Cosy Spaces grant in 2023 were:

Auld Kirk of Ayr
Ayr St Quivox Church
Ayrshire Housing
BRICC
Colmonell Community Association
Community Wellbeing Hub
Coylton Community Association
Girvan Community Garden
Girvan Town Team
Hope Wellbeing Centre
Kirkmichael Village Renaissance
Lochside Community Association
McCandlish Hall Straiton
Monkton Community Council
Mossblown Matters
New Life Christian Fellowship
Riverside Evangelical Church
Seagate Church
St Margaret's Cathedral
Symington Friendship Group

4.2.4 There are spaces throughout South Ayrshire offering warmth, hospitality and sometimes food, activities, and other supports. In addition to the organisations that received funding from this source there are many other emerging Cosy Spaces and Council spaces such as Libraries that have supported this program. Both the wider Mental Health and Wellbeing funded projects and the Cosy Space projects will be subject to an evaluation led by VASA in March ahead of the 2024 funding announcements.

### **4.3 Case Study – Cosy Spaces**

*Examples of 7 of the Cosy Space initiatives.*

Group 1 – running a Cosy Space twice a week and seeing around 70 people come along per week, enjoying a lunch, a cuppa and a blether. A handful of support services are on hand to offer advice and guidance to attendees.

Group 2 – now established with around 25-30 people attending, getting a hot meal and an opportunity to chat or play games. A couple of the participants are now volunteers and have completed their Food Hygiene Certification. Others are taking on a more leadership role within the group and coming up with ideas for activities for the group.

Group 3 – seeing 20-30 people attending weekly. Individuals have come in to thank them for the work they are doing. They are seeing friendships being established and people say they have a reason to get out of the house. People who are struggling to heat their homes are popping in for a warm space and warm food at the weekend.

Group 4 – this group is predominantly for older people on their own and is the only social space in the village as there is no longer even a café. The group was formed and funded using a sponsor organisation on the application as they were not fully constituted themselves. With the success of the Cosy Space the group felt confident enough to move forward to formalise, opening a bank account and creating a constitution with the help of VASA's Capacity Building Team.

Group 5 – an average of 40 people attending every week including families, older people and refugees. A home-cooked, two course meal is served up and volunteers are on hand to talk to anyone who is struggling, and they have referred a number of vulnerable people to other services for support.

Group 6 – a whole mix of age groups are attending this group – and even some four-legged friends! A community walk has been organised for people of all abilities to take part in before they sit down for a cuppa and a breakfast roll at their Cosy Space. On wet days, the walkers and at least two dogs do circuits round the community centre hall.

Group 7 – the group offers transport to and from the Cosy Space, allowing older people from some of the most isolated parts of South Ayrshire, and others with poor mobility, to enjoy a weekly get-together and some much-needed company.

4.3.1 In addition, there are many very local projects that all 6 Locality Planning Partnerships have allocated some grant funding to that specifically address social isolation or where that is a strong component part. LPPs are responsible for ensuring the monitoring of these projects. The Workplace Health Team are also reviewing literature and developing a workplace training session focusing on social isolation & loneliness in the workplace.

#### **4.4 Respond: prevent people from developing social isolation or loneliness following one of the known triggers or transitions (secondary prevention).**

4.4.1 Local services such as Community Link Practitioners and South Ayrshire Lifeline have continued to respond to loneliness and promote reconnection within communities. Additionally, Mental Health Practitioners within GP practices and CMHTEs are being encouraged to signpost individuals who are experiencing loneliness to community/third sector support.

4.4.2 There are 11 Mental Health Practitioners, 8 Community Link Practitioners and 6 Self Help Workers linked to GP Practices and localities that can direct and refer people to wider supports. There is also a 'Community Connector' within the Learning Disability services.

4.4.3 Social Work front-door teams are now signposting people with a range of lower-level demands to community-based initiatives often tackling isolation.

4.4.4 The Community Builders now have a presence at Care & Share in Ayr North and can signpost lonely individuals to the Wellbeing Group.

4.4.5 There continues to be several groups running within Ayr North which are supported by the Ahead project which involve local older people, including a Wellbeing Group which meets in the Ahead office and provides a welcoming space where people can share their skills: several groups at Morrison Gardens and a Friendship Group at Newton & Wallacetown Church.



4.4.6 The 'Volunteering News' publication with VASA continues to provide regular updates on hundreds of volunteering opportunities within South Ayrshire. This will continue as South Ayrshire's new Volunteering Strategy sets out increasing opportunities for older people to be less isolated. Which compliments a range of engagement work seeking to raise the voice of older people and to work together in relation to South Ayrshire as an Age Friendly Community and as part of the development of an Ageing Well Strategy.

4.4.7 The Community Safety Partnership Intergenerational Joint Action Group continues to link with the Social Isolation & Loneliness Group. The Community Safety team have continued to work with local communities to provide support for the development of local initiatives aimed at reducing social isolation. Community groups including the Ayr North Time Team, Ayr North Woman's Group continue, and the last few months have seen new Women's Groups set up and established in Wallacetown and Kincaidston. In addition, over they have also overseen the purchase and delivery of storage and meeting space containers which will be used to facilitate a Men's Shed in the Kincaidston area. This will be a very useful base to engage with men, specifically those who may be feeling lonely or isolated.

4.4.8 Our Inter-generational work has several initiatives previously linked to Community Safety JAG develop within other strategies. As part of the Ageing Well symposiums Mark Inglis is leading a symposium particularly looking at whole family support for older adults in South Ayrshire.

#### **4.5 Restore: Prevent those who are chronically socially isolated or lonely from experiencing poor social or health outcomes (tertiary prevention).**

4.5.1 The wide Team around the Practice includes nursing, OT, Physiotherapy, Pharmacy, Mental Health, and Community Link Practitioners all of whom are picking up issues of chronic loneliness sometimes caused by a particular health condition and sometimes being the cause of more pronounced health issues.

#### **4.5.2 Prevention Activities across South Ayrshire at present.**

10 'HARP' classes for cardiac, stroke, cancer, pulmonary, diabetic referrals.

15 'Invigor8' classes - Falls prevention for over 60's.

4 Community Walking Groups.

3 'Gentle Movement' (Tai Chi / Qigong) Classes.

1 health swim session.

37 health classes/activities are available in total including 'Weigh to go' - Healthy Weight Program.

A programme of classes called 'Evolve' has been introduced at the Citadel Leisure Centre. This includes 13 classes - stationary cycling, circuit series (gym based), stretch and core, legs bums and tums, core blast, circuits.

11 'Aquafit' classes. (Citadel, Prestwick, and Troon pools)

4.5.3 Maybole Connect have resumed their weekly drop-in clinic on a face-to-face basis and numbers attending are slowly increasing. Strong links have been made with the CLP aligned to Maybole Practice who has joined the Maybole and North Carrick LPP.

4.5.4 There is a useful infrastructure that is present within almost all South Ayrshire that can respond to this kind of need. Whilst the Cosy Space initiative was a response to the Cost of Living/Fuel Cost crisis, it has been a catalyst to create more local capacity that creates social connection and socialisation.

4.5.5 Through South Ayrshire Lifeline and through the locality-based working, there are now better pathways linking the presentation of SI in formal services to local community services.

4.5.6 There are programmes up and running in respect of our Sheltered Housing Community Rooms. There will be monthly programmes of this group circulated. These are spaces where others could use the facility, particularly in mornings.

4.5.7 Joint working with charities such as Alzheimer Scotland has continued, where they are used as base for the AS walks and surrounding inter-generational activities for example at Boyle Court.

## **5. STRATEGIC CONTEXT**

5.1 The report represents an update on the progress made against each of the Strategic Outcomes of the Social Isolation & Loneliness Strategy 2018-2027. The Social Isolation & Loneliness Strategy supports the Partnership's Strategic Objectives, namely:

- We focus on prevention and tackling inequality.
- We nurture and are part of communities that care for each other.
- We work together to give the right care in the right place.
- We help to build communities where people are safe.
- We are an ambitious and effective Partnership.
- We are transparent and listen to you.
- We make a positive impact beyond the services we deliver.

## **6. IMPLICATIONS**

### **6.1 Financial Implications**

6.1.1 There are no financial implications for the IJB Integrated Budget in consideration of this report.



## **6.2 Human Resource Implications**

6.2.1 There are no Human Resource Implications in consideration of this report.

## **6.3 Legal Implications**

6.3.1 There are no Legal Implications in consideration of this report.

## **6.4 Equalities implications**

6.4.1 There are no Equality Implications arising from consideration of this report.

## **6.5 Sustainability implications**

6.5.1 There are no environmental sustainability implications arising from the contents and recommendations of the report.

## **6.6 Clinical/professional assessment**

6.6.1 There is no requirement for Clinical/Professional Assessment in the consideration of this report.

## **7. CONSULTATION AND PARTNERSHIP WORKING**

7.1 This report has been prepared in consultation with relevant officers from across statutory and third sector organisations, predominantly through the Social Isolation & Loneliness Strategy Implementation Group.

## **8. RISK ASSESSMENT**

8.1 Use There are no anticipated risks arising from the content and recommendations of the report.

8.2 In terms of the IJB Risk Management Strategy, the level of risk is low

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## **BACKGROUND PAPERS**

*Provide details here or links to any supporting papers relevant to the report here and, if possible, include a web link.*



*Appendices to the report should not be provided as background papers.  
These should form part of the main report.*