
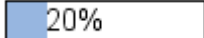



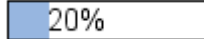

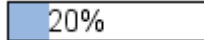
SAHSCP Social Isolation and Loneliness Strategy 2018-21


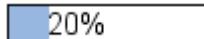


Generated on: 17 October 2022





Action	Evidence	Assigned To	Status	Progress	Due Date	Updates
SIL 01 Raise awareness of social isolation, loneliness, and kindness, across communities via South Ayrshire Health & Social Care Locality Planning Groups to reduce stigma and promote self-care.	<p>Raise awareness of social isolation, loneliness, and kindness, across communities via South Ayrshire Health & Social Care Locality Planning Groups to reduce stigma and promote self-care</p> <ul style="list-style-type: none"> • Produce and disseminate appropriate information • Link to proposed Ayrshire & Arran Public Health Campaign 	Elizabeth Dougall; Neil Goudie; Stephanie Smith			31-Mar-2021	<p>03-Aug-2022 All Prestwick & Villages successful applicants have returned an interim evaluation report. No issues currently being reported, all projects on track to spend. Each member of the LPP has been involved in this process with at least 1 project.</p> <p>All Troon & Villages successful applicants have returned an interim evaluation report, no issues currently being reported, all projects on track to spend.</p> <p>01-Oct-2022 Maybole & North Carrick Interim Evaluation template has recently been issued to all successful applicants.</p> <p>All Ayr and Villages successful applicants have been contacted regarding their progress to date and any challenges that they have been facing.</p>
SIL 02 Develop and promote the values of kindness and consider the	Develop and promote the values of kindness and consider the barriers to	Susan McCardie			31-Dec-2021	15-Jul-2022 This has not progressed as anticipated due to staff changes and public health



Action	Evidence	Assigned To	Status	Progress	Due Date	Updates
barriers to kindness within partner organisations and communities.	kindness within partner organisations and communities <ul style="list-style-type: none"> • Identify and raise awareness of kindness and barriers to kindness • Develop and evaluate small tests of change 					staff being recalled to COVID response at the start of the year. A webinar on Kindness, Compassion and Social Isolation was held on the 10th March. Attended by 35 staff comprising partners and third sector organisations, the purpose of the webinar was to reflect on kindness, compassion and social isolation in relation to impact, cause, opportunities, existing responses and our strategic approach; to identify opportunities within larger settings and wider organisations, and develop ideas and action to inform the next iteration of the Social Isolation Strategy and Implementation Plan.
SIL 03 Work with local businesses to raise awareness of and consider their role in tackling social isolation and loneliness, reducing stigma and promoting self-care.	Work with local businesses to raise awareness of and consider their role in tackling social isolation and loneliness, reducing stigma and promoting self-care. This will include tackling barriers to kindness within the workplace.	Phil White			31-Mar-2021	24-Nov-2020 Update provided by Fiona Smith, Public Health 06.08.2020 Information on Keeping Connected was highlighted to local businesses registered with our Healthy Working Lives programme during both Mental Health & Wellbeing Awareness Week and Loneliness Week. Additionally Remote Working for Managers guidance was produced which included information on the importance of keeping connected during the COVID19 pandemic. Remote delivery of Resilience at



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						Work training, which highlights maintaining connections as key, was piloted with colleagues from DWP.
SIL 04 Identify and develop current asset-based activity within communities to ensure older people are included	-- enter action details here --	Phil White			31-Mar-2021	<p>24-Nov-2020 Update provided by Community Builders 01.09.2020</p> <p>There are 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. The Community Builders also have a presence at Care & Share in Ayr North and can signpost lonely individuals to the Wellbeing Group.</p> <p>More recently, groups have been meeting via Zoom due to restrictions imposed by COVID-19. These groups are promoted via the Ahead Facebook page which ensures an open invitation and new members can attend.</p>
SIL 05 Promote volunteering opportunities for older people across all organisations and communities	Promote volunteering opportunities for older people across all organisations and communities.	Phil White			31-Mar-2021	<p>24-Nov-2020 Update provided by Linda West 06.08.2020</p> <p>Volunteer bank created during COVID19 pandemic in order to</p>


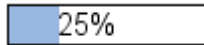



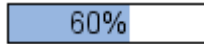
Action	Evidence	Assigned To	Status	Progress	Due Date	Updates
						sustain volunteering capacity during this time.
SIL 06 Work together to understand the needs of older people and promote positive ageing to ensure local opportunities and services are being co-produced to meet the needs of older people.	<p>Work together to understand the needs of older people and promote positive ageing to ensure local opportunities and services are being co-produced to meet the needs of older people:</p> <ul style="list-style-type: none"> • Age friendly • Falls prevention • Sensory impairment • Accessibility 	Elizabeth Dougall; Neil Goudie; Stephanie Smith			31-Mar-2021	<p>31-Jan-2022 Locality Planning Partnerships continue to support and promote services and activities for older adults and those with long term limiting conditions. SAC Health and Wellbeing classes have resumes and individuals are encouraged to attend sessions.</p> <p>01-Oct-2022 Providing support on a monthly basis to Dementia Friendly Meeting Centre, participating on the walk and providing information/signposting where applicable.</p> <p>Occupational Therapists from the frailty team are now members of the LPP in Prestwick/Troon. Information is shared appropriately.</p>
SIL 07 Identify and work to influence relevant partners to consider their contribution to tackling social isolation and loneliness when developing community structures.	<p>Identify and work to influence relevant partners to consider their contribution to tackling social isolation and loneliness when developing community structures:</p> <ul style="list-style-type: none"> • Housing options for older people • Environmental planning options 	Laura Thomson			31-Mar-2021	11-Jul-2022 The Housing Policy and Strategy Team ensures that social isolation and loneliness is considered as part of all team work streams. This action is ongoing. We will ensure that social isolation and loneliness is considered as part of our Local Housing Strategy.




Action	Evidence	Assigned To	Status	Progress	Due Date	Updates
	<ul style="list-style-type: none"> Town centre developments 					
SIL 08 Develop links with South Ayrshire Community Safety Partnership to consider their contribution to tackling social isolation and/or loneliness at a neighbourhood level by tackling anti-social behaviour and perception of unsafe neighbourhoods.	-- enter action details here --	Mark Conway; Linda Warwick	✓	<div style="background-color: #4f81bd; color: white; padding: 2px;">100%</div>	31-Mar-2021	19-Apr-2022 Work is ongoing for the Intergenerational Joint Action group within the CSP to take forward support within local communities to target loneliness and social isolation. This group are represented on the Social Isolation sub-group within Community Planning. 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 have fully resumed face to face delivery and provided ongoing support to individuals throughout the winter period and Christmas period when loneliness could have been increased. Work is progressing well in the Wallacetown area to engage with vulnerable and isolated residents to provide reassurance and direct residents to services and groups that can offer support. Youth Workers continue to engage with young people on the streets who may be engaging in anti-social behaviour. Senior Communities officers link



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						with local partners including police to addresses issues and complaints that come through members of the public. Where appropriate they undertake joint patrols in hotspot area to provide reassurance to residents.
SIL 09 Promote and evaluate the availability of a range of preventative services within communities that can be made available to support individuals as an alternative to statutory services.	<p>Promote and evaluate the availability of a range of preventative services within communities that can be made available to support individuals as an alternative to statutory services</p> <ul style="list-style-type: none"> • South Ayrshire Life web portal • Other formats which meet the needs of older people in particular# • Local digital screens 	Elizabeth Dougall; Neil Goudie; Stephanie Smith; Phil White		<div style="border: 1px solid black; width: 100px; height: 20px; background-color: #4f81bd; position: relative;"><div style="position: absolute; left: -50px; top: 50%; transform: translateY(-50%);">50%</div></div>	31-Mar-2021	<p>07-Feb-2022 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.</p> <p>01-Oct-2022 Community Link Practitioners from Prestwick & Troon continue to meet with Partnership Engagement Officer on a monthly basis to share information. CLP's provide an update to the LPP's as when and appropriate.</p> <p>Ayr LPP working with Vics in the community to deliver localised support services within Lochside as interim service until mainstream SA Connect services are established.</p>
SIL 11 Support initiatives to increase participation of older people in cultural activities.	-- enter action details here --	Gerry Bergin		<div style="border: 1px solid black; width: 100px; height: 20px; background-color: #4f81bd; position: relative;"><div style="position: absolute; left: -50px; top: 50%; transform: translateY(-50%);">55%</div></div>	31-Mar-2021	11-Jul-2022 We continue to make progress in this area although slowly but in line with COVID recovery steps. We are looking at


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						rolling out the collaborative Memories Project following its launch.
SIL 12 Support initiatives to increase participation of older people in physical activity.	<p>Support initiatives to increase participation of older people in physical activity</p> <ul style="list-style-type: none"> • Invigor8 • Club Diamonds • Discounted leisure rates • Care About Physical Activity (CAPA) Programme • Health Improving Care Homes (HICH) 	Janey Anderson			31-Mar-2021	<p>07-Jul-2022 Activities available across South Ayrshire include</p> <ul style="list-style-type: none"> o 10 HARP classes for cardiac, stroke, cancer, pulmonary, diabetic referrals o 15 Invigor8 classes. Falls prevention for over 60's o 4 walking groups o 3 Gentle Movement (Tai Chi / Qigong) As reported by one asthmatic attendee has improved her breathing and posture and has reduced her inhaler use. o 1 health swim session o 37 health classes/activities are available in total including Weigh to go, healthy weight programme. <p>A programme of classes called 'Evolve' has been introduced at the Citadel Leisure Centre for people who wish to exercise at a lower level or are beginners to exercise. Relevant health class participants are signposted to these classes as they progress. This includes</p>


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						<ul style="list-style-type: none"> o 13 classes - stationary cycling, circuit series (gym based), stretch and core, legs bums and tums, core blast, circuits, o 11 aquafit classes (Citadel, Prestwick and Troon pools) <p>The 'Health' Membership is available for people to pay a monthly subscription and attend health classes, evolve classes, swimming and gym.</p>
SIL 13 Work with older people to provide informal community spaces where older people can meet, and promote these activities throughout communities	<p>Work with older people to provide informal community spaces where older people can meet, and promote these activities throughout communities:</p> <ul style="list-style-type: none"> • Promote Chatty Cafe initiative within local community cafes following evaluation of current scheme • Make links to the Scottish Grocers Federation to further investigate the role local shops and supermarkets in tackling loneliness • Develop library/other services to include informal spaces for older people to socialise 	Gerry Bergin; Elizabeth Dougall; Neil Goudie; Stephanie Smith; Phil White			31-Mar-2021	<p>11-Jul-2022 Most of our Libraries have suitable space to accommodate groups of older people. Some groups are more developed / structured than others but the spaces are readily available.</p> <p>Promote DFP walk weekly on a Monday, walk is open to everyone and not just those with a diagnosis.</p> <p>01-Oct-2022 Links with 65 club in Prestwick have been established.</p> <p>Development of cosy spaces within Libraries and Community Facilities to help those most vulnerable.</p>




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SIL 14 Utilise the existing programmes and engagement taking place at 'new front doors' across South Ayrshire as a means to tackling social isolation and loneliness	-- enter action details here --	Lisa McAlpine; Phil White			31-Mar-2021	25-Nov-2020 Update provided by Fiona Smith 06.08.2020 South Ayrshire Lifeline and Better Health Hubs continue to be promoted throughout the COVID19 pandemic via flyers distributed to households included within the emergency response. Additionally they were promoted via local webpages and social media.
SIL 15 Ensure social isolation and loneliness is explicit within other key plans and strategies that target groups of older people at higher risk of experiencing social isolation and loneliness.	Link to Health In All Policies Working Group	Kevin Anderson; Steven Kelly			31-Mar-2021	18-Feb-2022 A core function of the Social Isolation Group is to work with a range of community partners to ensure that social isolation is discussed within their service delivery and included within their action plans and strategies.
SIL 16 Work with South Ayrshire Community Transport and local older people forums to further develop and promote their service across the locality with a particular emphasis on providing transport solutions which are accessible and affordable for older people.	-- enter action details here --	Steven Kelly			31-Mar-2021	21-Feb-2022 South Ayrshire Community Transport have restarted the Out and About Trips in November 2021, after the relaxation of the COVID restrictions. The uptake is low at the present time due to time of year and there is still a bit of nervousness from participants about going on trips, however numbers have picked up over the last few weeks. SACT are updating it marketing materials in terms for the Out and About Trips which will be promoted through South Ayrshire Life and other

Action	Evidence	Assigned To	Status	Progress	Due Date	Updates
						partner organisations.
SIL 17 Explore rural transport routes and links to ensure accessibility is suited to the needs of older people using a co-production approach.	<p>Explore rural transport routes and links to ensure accessibility is suited to the needs of older people using a co-production approach</p> <ul style="list-style-type: none"> • South Ayrshire Community Transport • Strathclyde Passenger Transport • Stagecoach • ScotRail • Voluntary Action South Ayrshire • Active Travel Hub • Age Friendly driving conditions and parking <p>Link to South Ayrshire Rural Forum Link to Ayrshire Roads Alliance</p>	Elizabeth Dougall; Neil Goudie; Stephanie Smith; Phil White		<div style="border: 1px solid black; width: 80px; height: 15px; background-color: #4f81bd; display: flex; align-items: center; justify-content: center;">10%</div>	31-Mar-2021	<p>24-Feb-2022 John Reid, Service Manager for South Ayrshire Community Transport attended Troon & Villages LPP on 16.02.2022 and will attend Prestwick & Villages LPP on 28.02.2022 - a presentation on the current services was delivered along with open discussion from members. Further work being carried out in the Troon & Villages locality with the hope of identifying a station to have a permanent bus for access.</p> <p>01-Oct-2022 Community Transport Excursions for the period Jan- March 2022 have been promoted via PEO Engagement emails and on both Locality Planning and HSCP social media accounts.</p>
SIL 18 Work with older people to develop a network of volunteer drivers that is accessible and affordable.	-- enter action details here --	Steven Kelly		<div style="border: 1px solid black; width: 80px; height: 15px; background-color: #4f81bd; display: flex; align-items: center; justify-content: center;">10%</div>	31-Mar-2021	<p>13-Aug-2021 Update provided by Marie Oliver 13.08.2021</p> <p>Action still outstanding.</p>
SIL 19 Provide opportunities for older people to develop their technological skills where younger people can share their knowledge with older people.	Provide opportunities for older people to develop their technological skills where younger people can share their knowledge with older people, particularly with those who are at a higher	Callum Reilly		<div style="border: 1px solid black; width: 80px; height: 15px; background-color: #4f81bd; display: flex; align-items: center; justify-content: center;">55%</div>	31-Mar-2021	25-Jan-2022 Digital inclusion and support remains a key priority for the Intergenerational Joint Action Group and initial discussions have taken place with VASA around proposed activity. Due to capacity issues of the group as a result of

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	risk of loneliness, such as those with a sensory impairment, long-term condition and/or living alone, in order for them to remain connected.					the pandemic these have not progressed as planned but hopeful that work can resume in the early part of 2022.
SIL 20 Investigate the role of Technology Enabled Care in tackling social isolation and loneliness including how it can support and maintain existing connections.	-- enter action details here --	Steven Kelly		<div style="border: 1px solid black; width: 100px; height: 15px; background-color: #4a86e8; position: relative;"> 30% </div>	31-Mar-2021	25-Nov-2020 The Connecting Scotland Programme, led by SAC with input from Public Health, VASA and SA HSCP, will see those on a low income on our COVID19 shielding list be provided with a digital device and connectivity to increase social connections during and following the pandemic. This will help to mitigate against the increasing digital inequality exacerbated by restrictions imposed to protect against COVID19 infection. Skills based input will be provided by SAC staff and volunteers working as Digital Champions. 01-Oct-2022 There is ongoing work to sustain the mPower programme in relation to Digital Inclusion and support.
SIL 21 Develop a consistent pathway from identification to reconnection that can be accessed and utilised by all partners, frontline and community staff.	Develop a consistent pathway from identification to reconnection that can be accessed and utilised by all partners, frontline and community staff: • Involve Locality Planning Groups in development of pathway at locality level and	Elizabeth Dougall; Neil Goudie; Steven Kelly; Stephanie Smith		<div style="border: 1px solid black; width: 100px; height: 15px; background-color: #4a86e8; position: relative;"> 50% </div>	31-Mar-2021	03-Aug-2022 The Partnership Engagement Officers continue to promote South Ayrshire Lifeline to Locality Planning Partnerships and their wider networks.

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	to identify gaps in provision <ul style="list-style-type: none"> • Link to General Practitioner re-direction work • Link to Community Link Practitioner service 					
SIL 22 Develop and deliver training for all partners, community and voluntary organisations and local business using a suitable model to identify and respond to social isolation and loneliness in communities.	Develop and deliver training for all partners, community and voluntary organisations and local business using a suitable model to identify and respond to social isolation and loneliness in communities <ul style="list-style-type: none"> • Identify services etc which are more likely to come into contact with those older people who are at risk of loneliness • Public Health briefing papers will also raise awareness • Link to training requirements for those with a sensory impairment 	Susan McCardie		<div style="border: 1px solid black; width: 100px; height: 20px; background-color: #ccccff; display: flex; align-items: center; justify-content: center;">50%</div>	31-Mar-2021	15-Jul-2022 This will be considered as part of the next iteration of the Social Isolation and Loneliness Action plan. 01-Oct-2022 The new health improvement officer will shortly be in place to support the training component for the SI Strategy
SIL 23 Promote social prescribing/referral to local activities as a means to preventing social isolation and loneliness around a life transition or “trigger point.”	-- enter action details here --	Elizabeth Dougall; Neil Goudie; Stephanie Smith; Phil White		<div style="border: 1px solid black; width: 100px; height: 20px; background-color: #ccccff; display: flex; align-items: center; justify-content: center;">30%</div>	31-Mar-2021	03-Aug-2022 Continue to meet with CLP's from both Prestwick and Troon a regular basis. 01-Oct-2022 Ayr PEO meets with CLP team monthly.

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SIL 24 Work with Primary Care to consider support required for those at risk of developing social isolation and loneliness ie around life transitions and “triggers.”	-- enter action details here --	Phil White		<div style="border: 1px solid black; width: 80px; height: 15px; background-color: #4f81bd; position: relative;"><div style="position: absolute; left: -10px; top: -5px;">15%</div></div>	31-Mar-2021	24-Nov-2020 Update provided by Fiona Smith 06.08.2020 Training on Social Isolation and Loneliness training was developed and delivered as a pilot session to CLPs to raise awareness of life transitions and triggers (March 2019). Discussion took place around potential sources of local support. To update when local 'pathway' has been agreed.
SIL 25 Involve a wider network of third sector organisations and older people in the planning and delivery of services to tackle social isolation and loneliness across our communities.	-- enter action details here --	Steven Kelly		<div style="border: 1px solid black; width: 80px; height: 15px; background-color: #4f81bd; position: relative;"><div style="position: absolute; left: -10px; top: -5px;">15%</div></div>	31-Mar-2021	13-Aug-2021 Update provided by Marie Oliver 13.08.2021 Revamped seniors forum to be established and developed over the coming weeks to ensure that they have a voice at a local level and also are aware of actions like the Wellbeing Pledge. 01-Oct-2022 An Ageless and Active Champions Board supported by VASA has now been established to ensure older people influence strategy and programmes of support.
SIL 26 Develop links with local churches and faith groups to develop/promote local activity with those who are experiencing or are at risk of experiencing social isolation and/or loneliness.	-- enter action details here --	Elizabeth Dougall; Neil Goudie; Stephanie Smith; Phil White		<div style="border: 1px solid black; width: 80px; height: 15px; background-color: #4f81bd; position: relative;"><div style="position: absolute; left: -10px; top: -5px;">20%</div></div>	31-Mar-2021	03-Aug-2022 Engagement with faith groups continues. 01-Oct-2022 Recent cost of living work supported by VASA, Thriving Communities and HSCP has led to significant engagement with Faith Communities who are keen to

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						open up halls, etc for Cosy Spaces
SIL 27 Improve the knowledge and skills of key services such as social work/home care, housing services, Primary Care etc to identify and respond to those who may be chronically lonely and/or isolated	-- enter action details here --	Steven Kelly		<input type="text" value="30%"/>	31-Mar-2021	13-Aug-2021 Update provided by Marie Oliver 13.08.2021 VASA continue to promote the services they deliver that can support those that are lonely and/or isolated. Over the coming months, VASA will look at ways of strengthening those links.
SIL 28 Explore localised volunteering initiatives that can reintroduce people to social activities.	-- enter action details here --	Phil White		<input type="text" value="15%"/>	31-Mar-2021	13-Aug-2021 Update provided by Marie Oliver 13.08.2021 Many older people that volunteered pre-Covid have not returned to volunteering. A campaign will take place in the autumn to try and encourage volunteers to return and also to attract new volunteers. 01-Oct-2022 Many localised activities are in place, some linked to local PB funded projects or those supported by the SG Mental Health monies. VASA continue to provide befriending, Out and About and Self-management work and also lead the SA Volunteering Strategy implementation.
SIL 29 Investigate the potential to develop stronger partnerships and programmes between	Investigate the potential to develop stronger partnerships and programmes between	Derek Cargill		<input type="text" value="30%"/>	31-Mar-2021	11-Jul-2022 Due to Covid restrictions work with the schools etc has been non existent. But now as things have started to get

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schools/early year centres and care homes, including sheltered housing	schools/early year centres and care homes, including sheltered housing to provide opportunities for sustained intergenerational connection in those who are chronically isolated and lonely.					back to normal as few of the schools have been in touch and are going to be working with staff to have some kids in with the service users when allowed to do so
SIL 30 Investigate the contribution of mental health services in tackling social isolation and loneliness via psychological approaches.	-- enter action details here --	Sharon Hackney	✓	<div style="width: 100%;"><div style="width: 100%; background-color: #4f81bd; color: white; text-align: center;">100%</div></div>	31-Mar-2021	<p>18-Nov-2020 Update provided by Stephen McCutcheon 18.11.2020</p> <p>CMHTE continue to signpost appropriate patients to Nursing Assistants within CMHTE to alleviate Social Isolation .</p> <p>As above , Mental Health Practitioners within GP Surgeries identify and signpost individuals who are socially isolated.</p> <p>Community Link Practitioners continue to be actively involved in supporting individuals who have been identified as isolated to initiate contacts within their community.</p>
SIL 31 Provide information and advice, and promote the uptake of self-directed support as a means to reconnecting individuals with their communities.	-- enter action details here --	Steven Kelly	▶	<div style="width: 15%;"><div style="width: 15%; background-color: #4f81bd; color: white; text-align: center;">15%</div></div>	31-Mar-2021	<p>25-Nov-2020 Update provided by Steven Kelly 25.11.2020</p> <p>Through the pandemic, there has been a focus on preventative services.</p> <p>The Connecting Scotland Programme, led by SAC with input</p>

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						<p>from Public Health, VASA and SA HSCP, will see those on a low income on our COVID19 shielding list be provided with a digital device and connectivity to increase social connections during and following the pandemic. This will help to mitigate against the increasing digital inequality exacerbated by restrictions imposed to protect against COVID19 infection. Skills based input will be provided by SAC staff and volunteers working as Digital Champions.</p> <p>Advice on SDS is provided through CLS, a range of voluntary sector orgs and VASA. If people come into formal social work services, advice and guidance is provided to connect individuals with their communities. The new Social Work assessment is a strengths-based approach and focused on outcomes. The assessment emphasises community and family support.</p>