Cysylltu Cymunedau - Mynd i’r Afael ag Unigrwydd ac Ynysigrwydd Cymdeithasol
Llywodraeth Cymru Dogfen Ymgynghor

Connected Communities – Tackling Loneliness and Social Isolation
Welsh Government Consultation Document

https://ymgyngoriadau.llyw.cymru/
https://consultations.gov.wales/
Background

• Loneliness and social isolation are growing problems in Wales and across the UK.

• We know they can have a significant impact on our physical and mental health.

• The Welsh Government has therefore committed to developing a nationwide and cross-government strategy to tackle these issues.
The Welsh Government launched a public consultation on 22 October entitled ‘Connected Communities’

It wants to hear your views on how we can tackle loneliness and social isolation in Wales.
What are Loneliness and Social Isolation?

- **Loneliness**: is a subjective, unwelcome feeling of lack or loss of connections, which happens when we have a mismatch between the quality of social relationships that we have, and those that we would like to have.

- **Social isolation**: refers to the quantity of the social relationships a person has at individual, group, community and societal levels.
What does it feel like?

• “I can tell you exactly, it’s like being in a bubble and you want to get out but you just can’t, you try and you can’t do it, you just can’t get out.”

• “When you are young and being picked on and no one’s talking to you. It’s the worst thing.”
What do we know?

• Loneliness and social isolation can affect people of all ages and from all backgrounds

• 9 million adults in the UK regularly feel they lack meaningful connections.

• Around 440,000 people in Wales feel lonely.

• Younger people in Wales are more likely to be lonely than older people
What do we know cont..

• Major life events or transitions can be key triggers for loneliness and social isolation – bereavement, divorce, retirement or becoming a new mum

• Certain groups in society who are more at risk – carers, disabled people, care leavers, service veterans, LGBT, BME, asylum seekers and refugees
Impact

• Number of physical and psychological impacts – mortality, high blood pressure, increased risk of heart attack or stroke, depression and suicide.

• Equivalent to smoking 15 cigarettes a day

• Impact on public services
Tackling loneliness and social isolation is a long-term challenge

Government cannot solve this on its own

Role for individuals, communities, public, third and voluntary sectors too
Questions to consider

• What is your experience of loneliness and isolation?

• What actions need to be taken to build community resilience and support communities? By whom?

• How can children and young people be better equipped with the skills to establish and maintain meaningful social connections?
Questions to consider

• What more can the Welsh Government do to encourage people to volunteer?

• How can the third sector play a stronger role in helping to tackle loneliness and isolation? What can the Welsh Government and other public bodies do to support this?
Questions to consider

• What is the role of the Welsh Government in tackling loneliness and isolation?

• What is the role of local government and other public sector bodies in tackling loneliness and isolation?
Your responses

Consultation closes on Tuesday 15 January 2019


- Email responses to: LonelinessAndIsolation@gov.wales

- Respond by post

- Via online form