



Connectedness
Project Worker
(Loneliness and
Isolation)-
Update



Meet the team-2 new Connectedness Project Workers



- **Lesley Drummond (lives in Seedhill and works for RIG Art)**



- **Gillian Thomson (works for Glasgow Life for 20 years)**

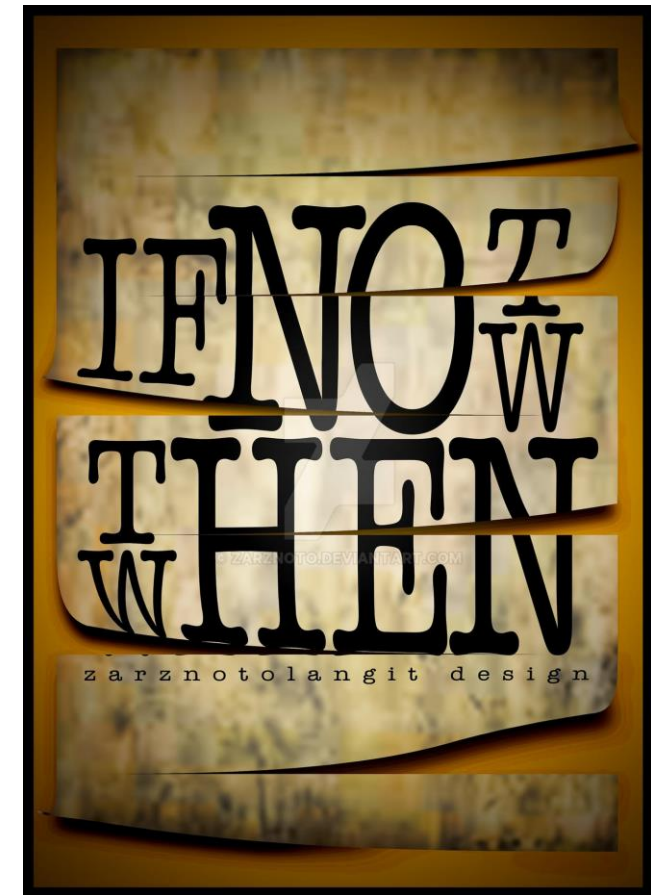


Loneliness & Isolation – What is it?

- Loneliness is a subjective but negative experience that occurs when a person's network of social relations is deficient in some way, either quantitatively or qualitatively.
- Social isolation is an objective measure reflecting an individual's lack of contacts or ties with others and is intergenerational.
- The impact of loneliness and social isolation on health and wellbeing is seen in negative outcomes such as increased risk of premature death and a host of long-term physical and mental conditions including high blood pressure, heart disease, obesity, a weakened immune system, anxiety, depression, cognitive decline and Alzheimer's disease.

Connectedness Project Worker – Why now?

- Loneliness and social isolation has been identified as a key health and wellbeing priority at both national and local level.
- Loneliness and isolation has become more of a challenge as relationships and connections change across families, communities and wider society.
- Loneliness and isolation has been exacerbated by the Covid-19 Pandemic and the periods of lockdown and other restrictions implemented to prevent the spread of the virus.
- And quite simply...



Connectedness Project Worker – The Big Picture



- Help strengthen local partnerships to address loneliness and isolation by liaising with local communities, community groups, councils and councillors
- Identify Community grass roots champion to help and support the project
- Identify current best practice and new approaches to address loneliness and isolation
- Identify other key stakeholders in addressing loneliness and isolation and facilitate their engagement and 'buy-in' to projects and activities, and to helping overcome barriers to delivery of projects and activities



Connectedness Project Worker - Priorities



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Developing

Developing neighbourhood approaches to tackling loneliness and supporting local solutions with local people.

Supporting

Supporting people transitioning at different life stages and experiencing increased risk of loneliness and social isolation.

Reaching and engaging

Reaching and engaging with people fearing future loneliness, loss of purpose and fragile connectedness because of societal change.

Supporting

Supporting integration and helping to combat loneliness and social isolation among Renfrewshire's New Scots population.

Connectedness Project Worker – In more detail

- Identify project needs through engagement and needs analysis
- Support the development of opportunities for engagement for those who are socially isolated or hard to reach
- Support the planning and production of project activities
- Research and identify new tools to help address loneliness and isolation
- Provide monitoring and evaluation information for services delivered with regards to the outputs and outcomes of the project
- Promote the benefits of the Loneliness & Isolation project and the positive changes it will bring
- Encourage participation in project activities



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Progress to date



- Delivered two Neighbourhood days in August and November in partnership with RIG Art/Evolve and Williamsburgh Housing Association. This gave us the opportunity to engage with people from Seedhill, one of the project's Paisley East focus communities, and collect data to inform project activities moving forward.
- Attended the Paisley East & Whitehaugh Community Council meeting on 10th Nov and discussed partnership opportunities.
- Liaised with Rev. John Murning of Sherwood Greenlaw C. of S. Church to discuss partnership opportunities, including an art activity project for those at risk of or experiencing loneliness and isolation.



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- First Paisley FM information spot: Call for volunteers to join a dedicated 'loneliness and isolation team' to deliver services such as telephone and face-to-face befriending and help deliver project events and activities.
 - Liaised with St. John Ogilvie Primary School and Hanover Court Sheltered Housing to discuss partnership opportunities for intergenerational projects in the new school year if easing of restrictions allows.
 - Additional project event & activity funding secured: £4000 (Co-operative Bank), £1000 (Arnold Clark Community Fund), £800 (Police Scotland)

Future Priorities



- Engagement with key Paisley East Partners and Community
- Deliver Christmas Event in partnership with Evolve/RIG Art in Paisley East
- Identify grass root community champions to help and support the project
- Assist in developing a Connectedness Logo
- Promote access to key information and activities in Paisley East



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**Your Connectedness Project Workers
Need your help!**



Please get involved and provide a voice!



Connectedness Project Workers – Contact information

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- Mobile:

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Gillian Thomson Mob 07506 284161

Or call

Roar-Connections For Life on 0141 889 7481

- Working hours:

Varies (Please leave a message)





Thank you! And
we look forward
to working with
you.