

# **Safeguarding Adults Partnership**

## **Loneliness and Isolation**

**25 May 2021**

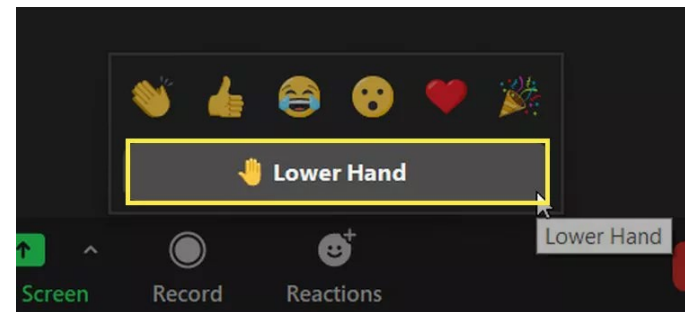
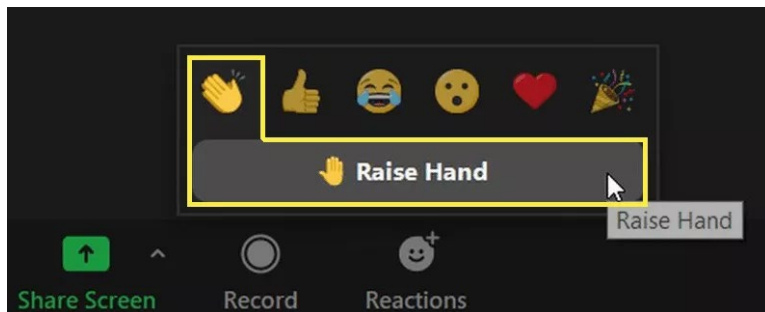
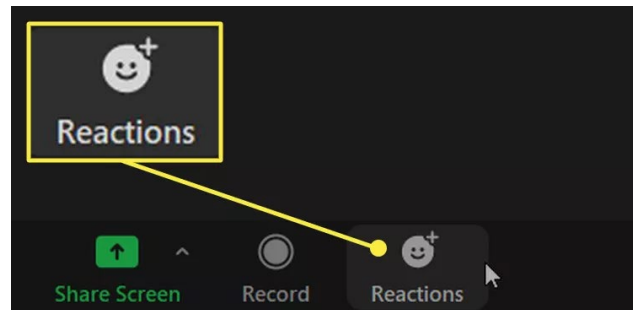


# Welcome & Introductions



# Zoom

- Microphones on silent
- Questions at the end of presentations
- Use Chat or Raise Hand



# Birmingham Connect to Support

Matthew Cloke  
Quality and Improvement Manager  
Adult Social Care  
Birmingham City Council



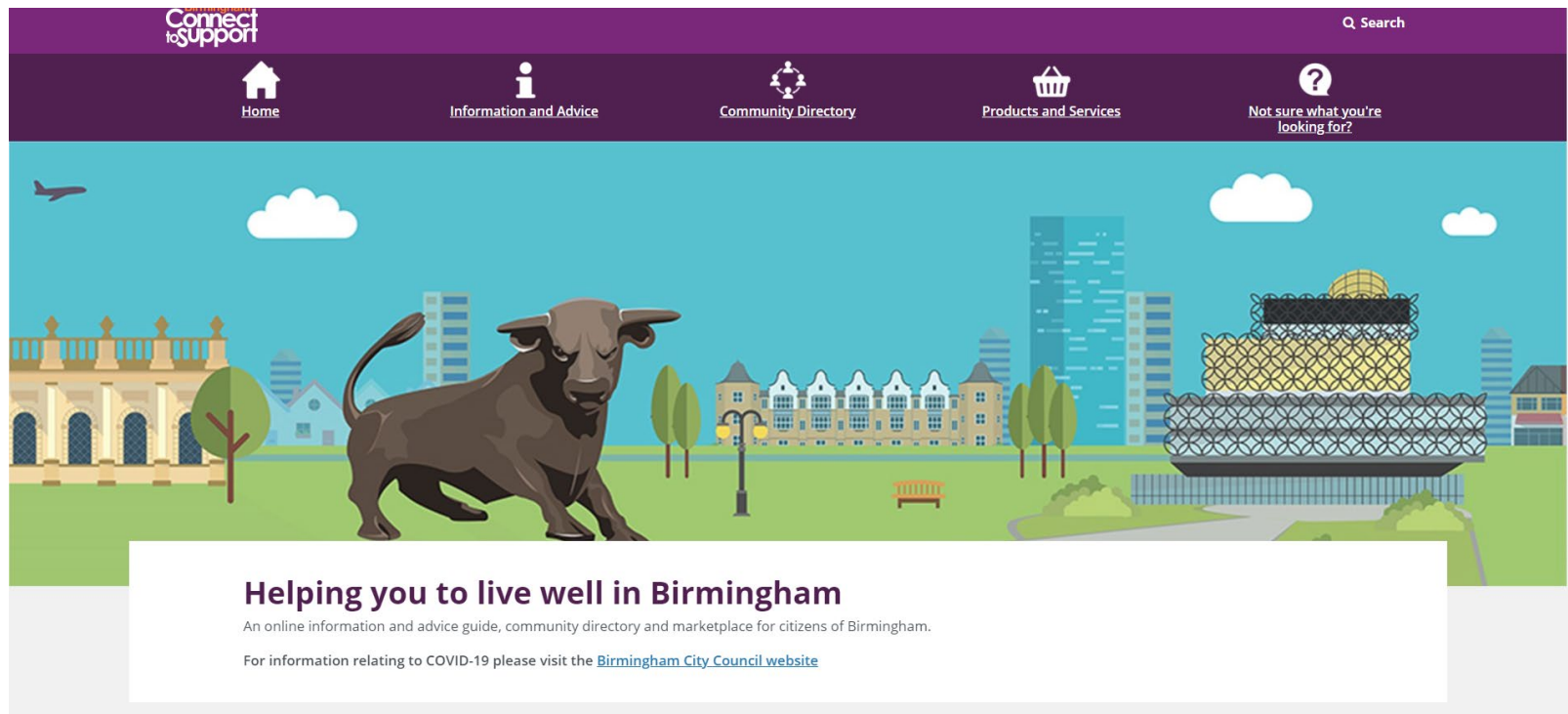
**Making a positive difference** every day to people's lives



# What is Birmingham Connect to Support

- It's a website that forms part of Adult Social Cares IAG offer
  - Advice, Information, Guidance
  - Statutory Care Act requirement
- Supports ASC's vision and strategy
- 3 main elements to the site at present
  - Information and Advice
  - Products and Services
  - Groups and Activities

# What is Birmingham Connect to Support



# Information and Advice

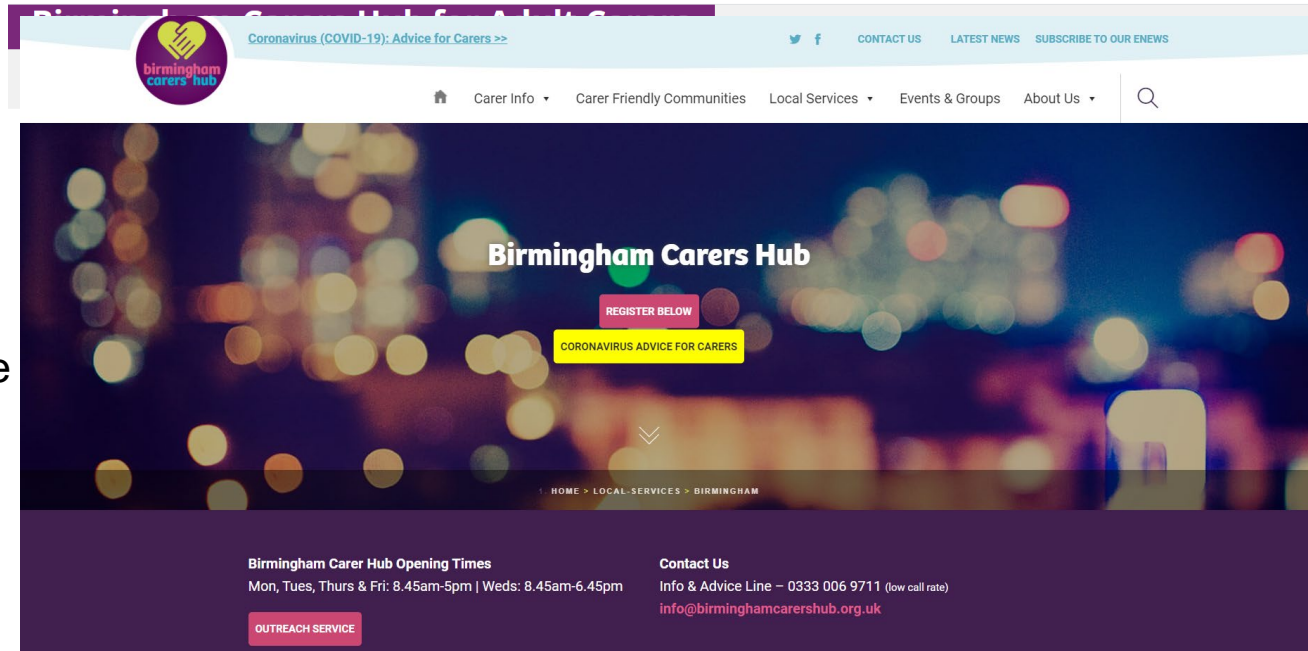
## Current 9 areas of information

- Support for Carers
- Staying Independent
- Money and Legal
- Travel
- Keeping Active and Well
- Conditions and Disabilities
- Safeguarding
- Adult Social Care
- Equipment, TEC and Adaptions

# Information and Advice

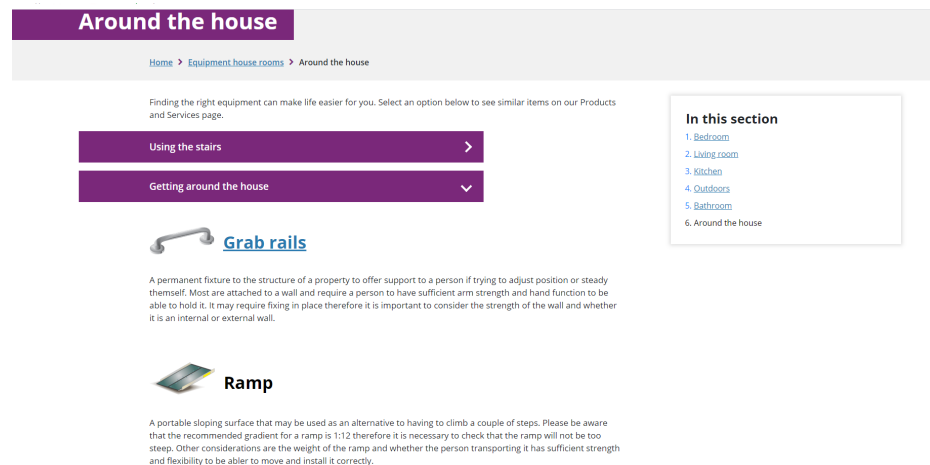
## Quick example using Support for Carers

- Information on the Carers Hub
- Short description of the Cares Hub and link through to its website



# Equipment House

- Way of sharing the equipment available to help someone keep themselves independent in their own home
- Split up by rooms and then sections
- Working with Birmingham Community Equipment Loan Service to continue to improve



# Products and Services

- Database of products and services in relation to Adult Social Care
  - Paid for content
  - Search criteria by categories and price
  - Undertaking a review of this part of the site

Currently viewing: **Products and Services**

Information and Advice | Community Directory | **Products and Services**

Filter your results by:

- Category
  - ☐ Accommodation
  - ☒ Activities and leisure
    - ☐ Art, crafts, music and drama
    - ☐ Befriending services
    - ☐ Church and religious groups
    - ☐ Community resources
    - ☐ Day Opportunities
    - ☐ Dining centres
    - ☒ Entertainment and leisure
    - ☐ Fitness and Exercise
    - ☐ Lunch Clubs
    - ☐ Social groups
    - ☐ Support and Community Groups
    - ☐ Support/ assistance
    - ☐ Supported Holidays
    - ☐ Volunteer opportunities

Your search returned 7 results

Min price: £0 Max price: £500+ Sort by: Relevance ▼

£0 £500+ £16.99 per Each

**11 piece jigsaw puzzles for people with dementia**

Our wooden puzzles have been designed to keep minds active, maintain dexterity and on completion, stimulate conversation, allowing users to achieve the satisfaction of completing the puzzle and creating a beautiful image on their own. Each puzzle consists of eleven pieces that can be assembled within the frame and on a specially printed backing board that is designed to assist and encourage the users. The puzzles are made from wood making them extremely durable and easy to clean. The size and shape

[More Details](#) [Add to Favourites](#)

**Aquapaints- painting with water** £14.99 per Each

Aquapaint is a unique and reusable painting product for people with dementia. Active Minds developed this product as a creative and achievable activity that helps promote independence and instils a sense of satisfaction and pride. Simply paint water onto the sheets and watch the image appear. Each set comes with four different images that have been carefully selected to help start conversation when the painting is complete. As the water dries the image will fade ready to be used time and again. Th

[More Details](#) [Add to Favourites](#)

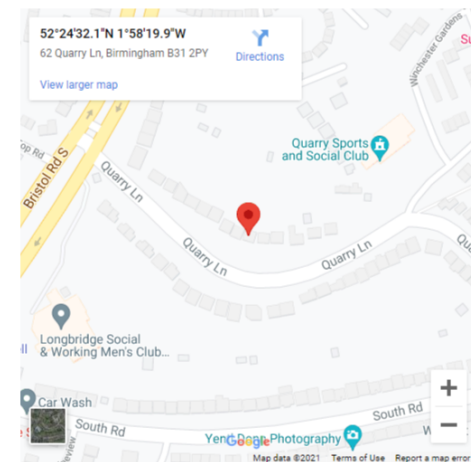
# Groups and Activities

- Database of over 1600 groups and activities that citizens can access
  - Free or minimal costs
- Developed as part of Adult's Neighbourhood Network Scheme(NNS) workstream
  - For each of the 10 constituencies there is a commissioned organisation to lead on update and add new groups and activities
- Search by postcode and/or filter by activities

# Groups and Activities

## Quarry Lane Sports and Social Club

Social Club with the following activities: Ballroom dancing, Zumba, Karaoke, Line Dancing Classes all of which encourage connections for the over 50s.



### Quarry Lane Sports and Social Club

Quarry Lane  
B31 2PY

[quarryclub@outlook.com](mailto:quarryclub@outlook.com)  
0121 475 1032

Add to Favourites

Suggest a change



# Site Development

- Continuing to develop and improve the site
  - Working with a Co-production group of staff and citizens
- Roadmap of activities for this contract cycle
  - Continue to develop the Groups and Activities section in partnership with NNS
  - Raise site awareness and engagement
  - Review the products and services section of the site



# ANY QUESTIONS?



Visit Birmingham Connect to Support at  
<https://birmingham.connecttosupport.org/>



# PRESENTATION



## **Ageing Better in Birmingham - Support to Tackle Loneliness and Isolation**

**Benita Wishart**



# Creating Connections

Through Harnessing the  
Strength of Communities

Ageing Better in  
Birmingham

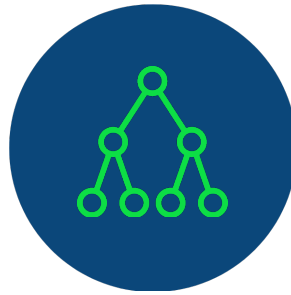


Stephen Raybould,  
Programme  
Director

Elina Rosen,  
Ageing Better  
Coordinator

BVSC

Neighbourhood  
Network Schemes



Benita Wishart,  
Support &  
Development  
Manager  
Prevention First

BVSC

Northfield  
Neighbourho  
od Network  
Scheme



Lois Maguire, NNS  
Scheme Co-  
ordinator

Rebecca  
Debenham, CEO

Northfield  
Community  
Partnership



Working to reduce  
social isolation for  
people over 50 in  
the city



Video: <https://bit.ly/2QBb4YI>



# Connection as a Protective Factor

<https://www.ageingbetterinbirmingham.co.uk/learn-more-get-inspired-by-stories/learning-resources>

## Characteristics of a good neighbour:



Someone who:—

- Says Hello
- Takes in parcels
- Quiet
- Keeps garden tidy
- Friendly
- Helpful
- Considerate of others
- Observant
  - notices changes
  - Parking / Animals
  - NOISES







Pele's Pearls





# Stories & Data



9500 people have taken part in activities



41% participants are from Black, Asian & Ethnic Minority communities



63% participants have improved overall wellbeing



89% of people who have taken part in activities show continued engagement in social activities

# Make Someone's Day



## Dinner dates down the pub

#readytoreconnect



## Ready to Connect

# Neighbourhood Network Schemes

Meeting Prevention First Outcomes  
Supporting Three Conversations



**Birmingham**  
City Council



Social  
Participation



Physical  
Activity



Income  
maximisation



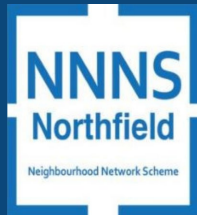
Independence  
at home



Support carers

# Edwin's Story

Meet Edwin extolling the virtues of  
Northfield Neighbourhood Network  
Scheme & Clouds End CIC



Video: <https://bit.ly/3f4ONvJ>





# NNS Constituency Model

Sept  
2018

Neighbourhood  
Development Support  
Unit, Birmingham City  
Council

April  
2019

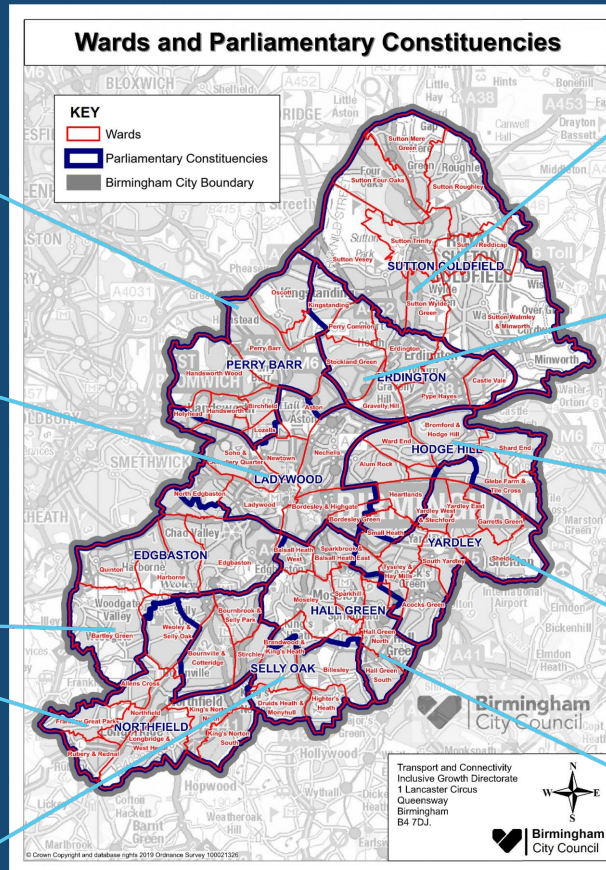
Birmingham  
Settlement  
+ Karis Neighbour  
Scheme  
+ Soho First  
+ Nechells Pod

Nov  
2019

Family Service  
Gateway  
+ Northfield  
Community  
Partnership  
+ Age UK

Sept  
2018

Neighbourhood  
Development Support  
Unit, Birmingham City  
Council



Age Concern  
Birmingham

April  
2019

Witton Lodge  
Community  
Association  
+ Compass Support

April  
2019

POhWER

Nov  
2019

Disability Resource  
Centre  
+ Age UK

April  
2019

GreenSquareAccord

Nov  
2019

# Birmingham's Neighbourhood Network Schemes

NNS: Connecting people, local activities & services







20 Oct 2020

# St Margaret's Allotments Ward End

Unity Hub (Prevention & Communities grant  
& Hodge Hill NNS small grant)  
New Shoots Gardening Club  
(Ageing Better Fund)







## Northfield Neighbourhood Network Scheme

Strengthening & Connecting Communities For Over 50's



✓ 954 Bags  
Collected

✓ Tonnes of fly  
tipping removed



B45 Big Community  
Clean Up



Find us on facebook:  
@NORTHFIELD NEIGHBOURHOOD  
NETWORK SCHEME

YOU ARE CORDIALLY INVITED TO

## V.E Day Picnic on your Porch

On Friday 8th May at 2pm we are celebrating the 75th Anniversary of V.E Day and even though we can't get together to celebrate we can still mark the occasion by decorating our houses, having a picnic on our porch, sharing music and entertainment!

FOR AN ACTIVITY PACK EMAIL:  
LOIS@NORTHFIELDCOMMUNITY.ORG





# Birmingham Age-friendly City

A photograph of two smiling women standing on a brick wall in Birmingham. The woman on the left has grey hair and is wearing a grey patterned jacket over a grey sweater. The woman on the right has short grey hair and is wearing a grey jacket over a blue top and a red patterned scarf. They are both gesturing with their right hands towards the camera. In the background, the large, silver, bubble-like dome of the Library of Birmingham is prominent, along with other city buildings under a clear blue sky.

'Birmingham a fulfilling city to age well in'



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**[StephenR@bvsc.org](mailto:StephenR@bvsc.org)**  
**[ElinaR@bvsc.org](mailto:ElinaR@bvsc.org)**

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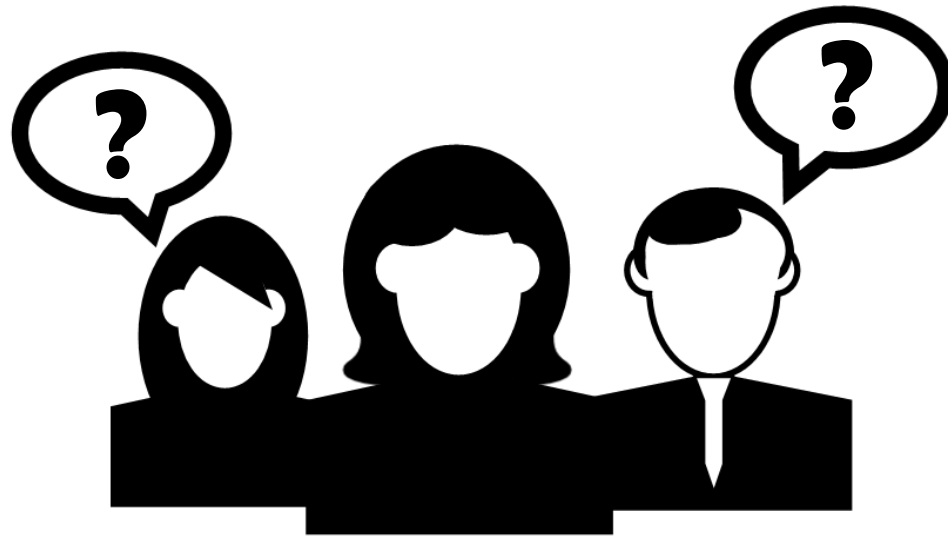
**[BenitaW@bvsc.org](mailto:BenitaW@bvsc.org)**

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**[Lois@northfieldcommunity.org](mailto:Lois@northfieldcommunity.org)**  
**[R.Debenham@northfieldcommunity.org](mailto:R.Debenham@northfieldcommunity.org)**

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# Any Questions



# Age Friendly Cities

**Richard Doidge & Lorna Karimjee**

**Adapting Structures and Services to improve  
accessibility and inclusivity for older people**





# Background- Age Friendly Cities and Communities

- Is a concept developed in consultation with older adults by the World Health Organisation in 2006
- It's a response to an ageing global population and increasing urbanisation – and reflects many more people will be growing old in cities.
- A Global Network of Age Friendly Cities and Communities (GNFAA) now exists
  - 900+ Cities & Communities
  - 41 Countries 14 Network Affiliates- including the UK
  - 230 million people
  - 14 Network affiliates including the UK Age Friendly Network



# What does an Age Friendly City Look Like?

Our environments play a key role in how we adjust to the ageing process and are a crucial impact on our physical and mental wellbeing.

An Age Friendly City is one where –

- People can live healthy, inclusive and active later lives
- Older adults are active participants and valued in society
- Environments, activities and services enable people to enjoy their lives independently and in good health
- Older people feel safe and secure in their homes and communities with access to all necessary health care and financial support



## Impact of becoming 'Age-Friendly' On Birmingham?

The Centre for Ageing Better articulates the following impact of Age Friendly Status on a city: *Age-friendly is built on the evidence of what supports healthy and active ageing in a place, allowing more people to live independent lives and contribute to their communities for longer. In addition, by committing to becoming age-friendly:*

- *Older residents are engaged in shaping the place that they live*
- *The potential for greater equity within the current older population is better understood*
- *Multi-agency and multi-level collaboration is strengthened, connecting the social and built environment across departments and reducing silo working*

There are no definitive costs associated with implementing an age friendly action plan. Very often no new funding is required and age friendly activity can be about using existing resources better

As a city we must develop Age Friendly to deliver change both for citizens and for the 'system' that supports the needs of our city.



# How do we become Age Friendly?

- The World Health Organisation in consultation with older people developed a framework that is supported by evidence of healthy ageing
- The framework is based on eight interconnected domains that typify urban life
- The domains reflect both the physical and social environment, they intersect and interact with one another
- The quality of each of these domains and how we interact with them can influence our independence, health and wellbeing

Built Environment

- Housing
- Transportation,
- Outdoor Spaces & Buildings
- Social Participation

- Respect & Social Inclusion
- Civic Partnership & Employment
- Communication & Information
- Community & Health Services

Social Environment





## Birmingham's Journey to becoming Age Friendly

- For the past 18 months we have been working towards our long-term commitment to become Age Friendly which has involved developing a baseline profile of Birmingham's activity across directorates and external organisations
- Through the course of our research we have evidenced many of positive examples of citywide, pan-organisation, age friendly activity
- Our ability to evidence this, has meant we have achieved the first milestone on our journey by successfully joining the **UK Network of Age Friendly Communities** in December 2019 ( One of 14 affiliates of the global network)
- We are now working with BVSC and the Age of Experience citizen group to establish what features of an Age Friendly City should be a priority in Birmingham.
- Ageing Better in Birmingham's coproduction group members have actively supported the work around Age-friendly already, helping us steer the conversation around what matters for people over 50 across the city.



## Birmingham's Journey to becoming Age Friendly

- We met with the BVSC Age of Experience Group in January 2021 to develop an understanding of the barriers, needs and preferences of older adults in Birmingham
- We were able to identify that social isolation has played a considerable part during the COVID-19 pandemic as older adults have felt the greatest impact of successive lockdowns
- There was a general consensus that the restrictions had led to feelings of loneliness and they are keen to re-establish local connections even at a basic level of meeting for a coffee at a café
- There were some positives that older people felt more visible and respected in their community as a result of the pandemic
- An Age-friendly City survey is currently out for consultation since the end of last week. We've so far had over 130 responses from residents from all over the city. At a glance, residents are well represented through different older age groups



## Social Isolation in Birmingham

- Nearly 57,000 ( 37%) of people aged 65+ live alone in Birmingham
- This increases to 81,000 (53%) of this age group when we add those with life limiting illnesses- these figures are higher than England and Regional averages
- Living alone increases our risk of becoming lonely and socially isolated
- COVID 19 pandemic and subsequent restrictions have heavily impacted on older adults living alone
- Social distancing has exposed inequalities of digital access and those disproportionately facing digital exclusion are older people who have been shielding for the longest periods therefore exacerbating feelings of isolation.
- Therefore is key that Age Friendly activity such as BVSC's Ready to Connect campaign supports people to feel confident about reconnecting with their communities



# Future Actions

- Develop a shared vision, to determine the priorities for action and to plan and resource how Birmingham will achieve its age-friendly outcomes
- Map and engage with stakeholders
- Establish corporate leadership buy-in as the scope of the age friendly programme is much wider than Adult Social Care
- Obtain written commitment of political support
- Apply for Age Friendly Status
- Develop delivery approach based on Age Friendly Vision and Plan, including evaluation of progress – **an age-friendly action plan is at the heart of creating an age-friendly city**

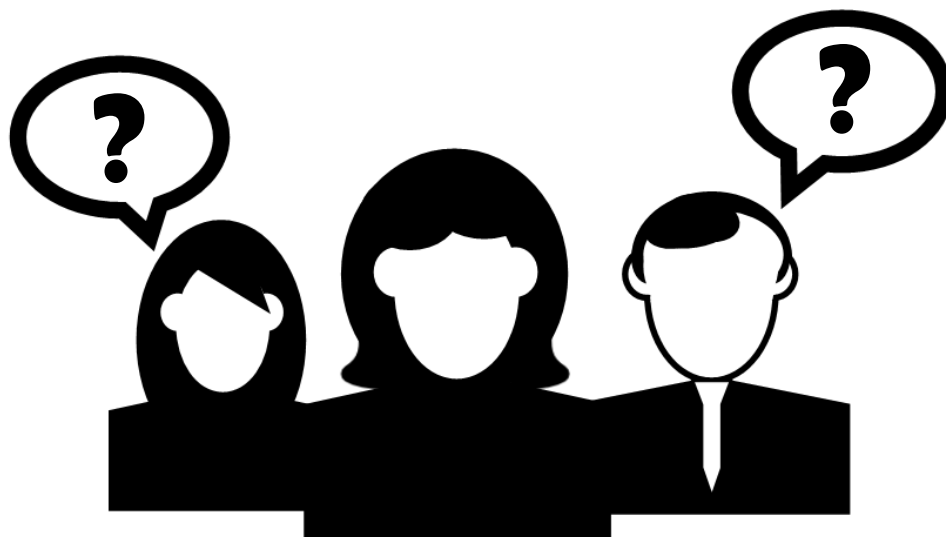


You can find out more about Age-friendly Cities at:

[www.ageing-better.org.uk/uk-network-age-friendly-communities](http://www.ageing-better.org.uk/uk-network-age-friendly-communities)



# Any Questions



# **BSAB Safeguarding Adults Partnership Event**

## **Loneliness and Isolation**

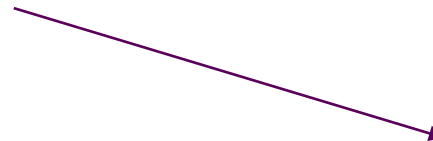
### **25 May 2021**

## **Carer Isolation and Loneliness**

**Dionne Williams**  
**Managing Director**



# Forward Carers CIC delivers a range of services & initiatives





# Forward Carers CIC Delivery Partners



# Carers' Stats

Carers support family members  
& friends in many ways...



Personal  
Care



Household  
chores



Emotional  
Support



Physical  
Assistance



Finances



Communicating



Health

**UK**  
6.5M  
Carers\*



1 in 8 adults are  
Carers

**UK**



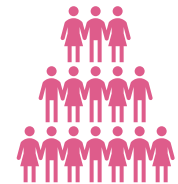
Over 1,300,000  
Older carers 60+\*

65% have long-term  
health problems or a  
disability themselves

**BRUM**  
Over 115,000  
carers



1 in 4 houses in  
Birmingham is  
home to a Carer



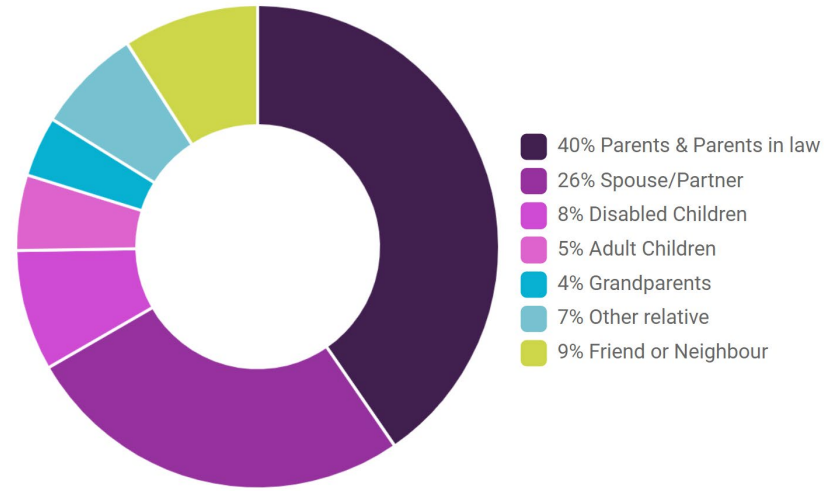
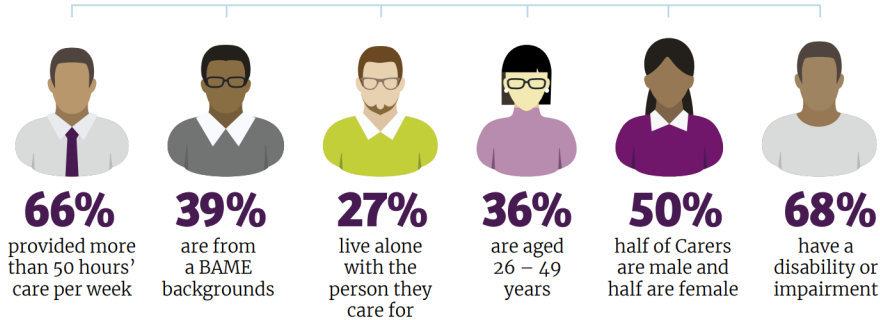
Forward Carers has  
supported over 18,733  
Carers

\*Carers UK

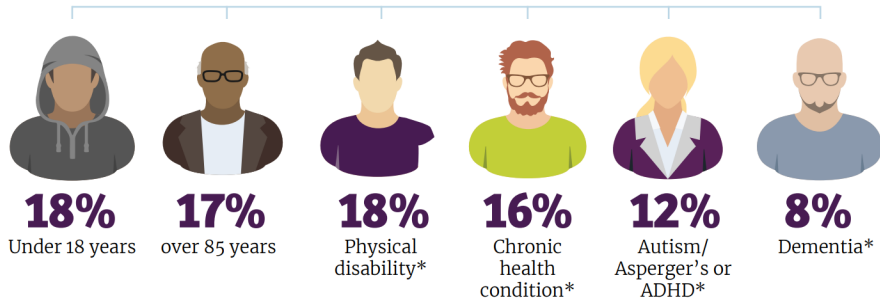


# A Profile of Carers

## Who are Birmingham's Carers? \*



## Who are Birmingham's Cared-for?

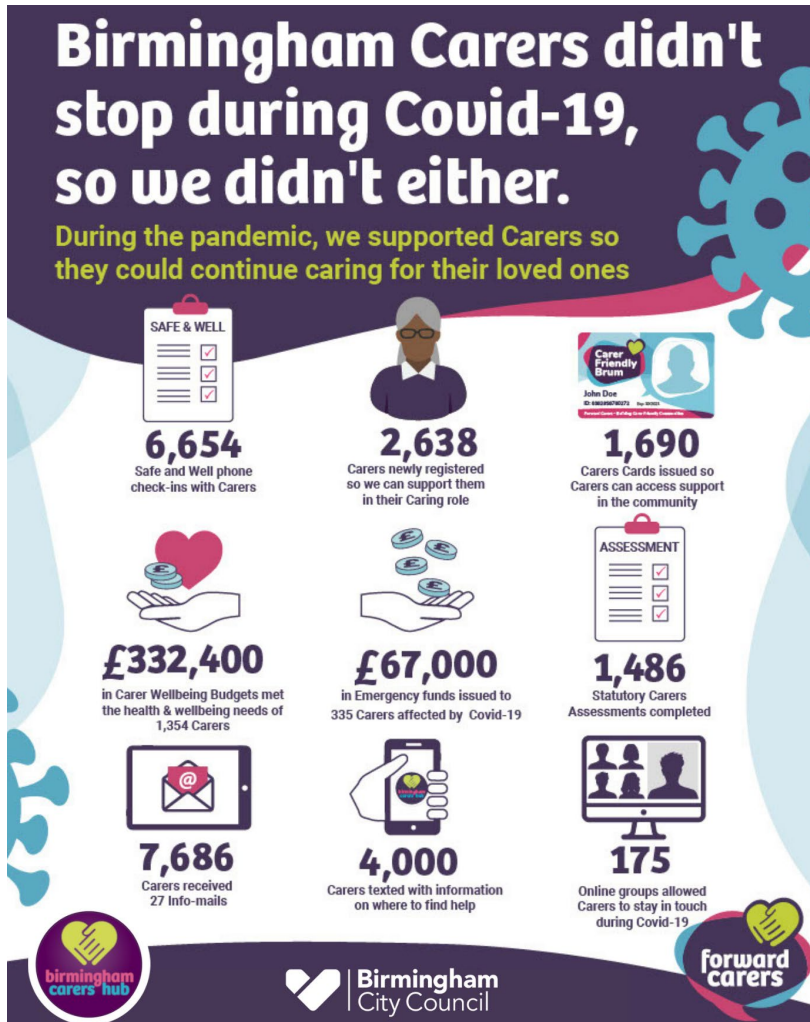


\* Carers registered with Forward Carers

\* Primary cared for condition/disability



# The Impact of Covid 19



**50% ↑ Carers since start of pandemic**



**Value of carer support £135 billion, saving the UK state £530 million**



# Why Do Carers Become Lonely and Isolated?

Caring responsibilities often restricts social contact, leading to loneliness

By putting the person they care for first, some Carers no longer have the time to see other friends and family

People often assume a carer is not lonely if they live with the person they care for

Some aspects of caring can be very difficult to share with others – dignity, stigma

Talking about the challenges of caring or accepting support can make some carers feel like they have failed or guilty

Financial difficulties. Socialising is often the first thing that carers cut back on



# Social Isolation and Loneliness Impact



**8 in 10 carers feel lonely or socially isolated due to caring role**

**45%**  
of Carers

**Not being able to afford to participate in social activities**



**Not being comfortable talking to friends about caring**

**57%**  
of Carers

**Have lost touch with friends and family due to caring**

**38%**  
Full time working Carers

**Felt isolated from other people at work due to caring role**

**83%**  
of Carers



**Feel they don't have enough social contact**

\*Carers UK Report 'Alone and caring Isolation, loneliness and the impact of caring on relationships'





# So what are the solutions?

Everyone is different, carers all have different needs for support, so there must be a range of options available.



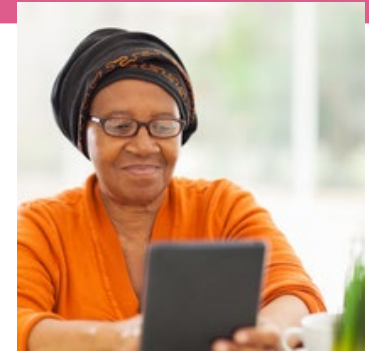
Peer support –  
face to face or online

Employer awareness  
'carer friendly  
workplace'

Good quality and  
affordable respite and  
replacement Care

Flexible access to  
universal provision

Better access to  
technology: connection  
and care



Community Carer  
awareness




Are you caring for a family member or friend? Let's get together in a new, relaxed way! A cuppa and a chat with other Carers might be just what you need.

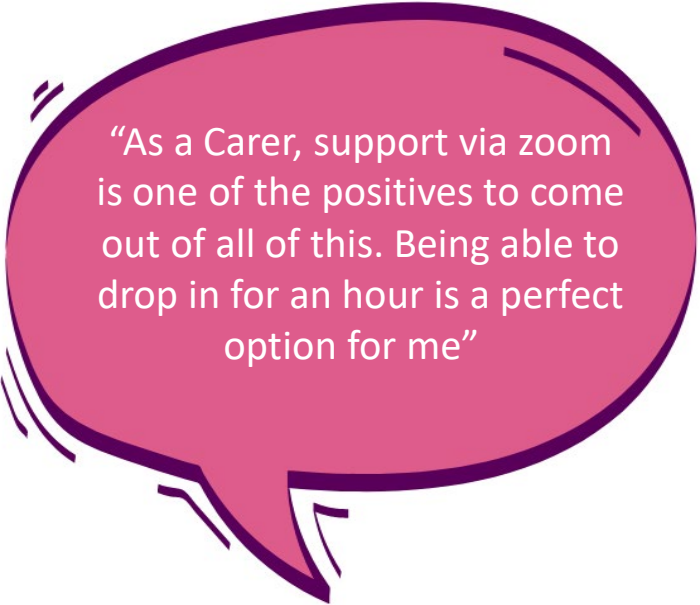
Carers Zoom at Noon is on Wednesday every two weeks 12 noon until 1pm from the comfort of your own home. Book your FREE place at <https://carerszoomatnoon.eventbrite.co.uk>

To find out more about carer support call us on: 0333 006 971





“The biggest thing is not being able to afford or have the time to go out. Also, the inability to relax and not worry about having to go home early because my husband needs me. It's hard to enjoy social activities when you are tired and stressed and unable to 'switch off' from caring. You miss activities and eventually people stop asking.”\*



“As a Carer, support via zoom is one of the positives to come out of all of this. Being able to drop in for an hour is a perfect option for me”

\*Carers UK Report 'Alone and caring Isolation, loneliness and the impact of caring on relationships'



# Contact us



[forwardcarers.org.uk](http://forwardcarers.org.uk)



[birminghamcarershub.org.uk](http://birminghamcarershub.org.uk)



[info@birminghamcarershub.org.uk](mailto:info@birminghamcarershub.org.uk)



0333 006 9711

"Just knowing there's support for Carers is great. It is nice to be listened to."

# Social media



@BirminghamcarersHub  
@forwardcarers



@forward-carers



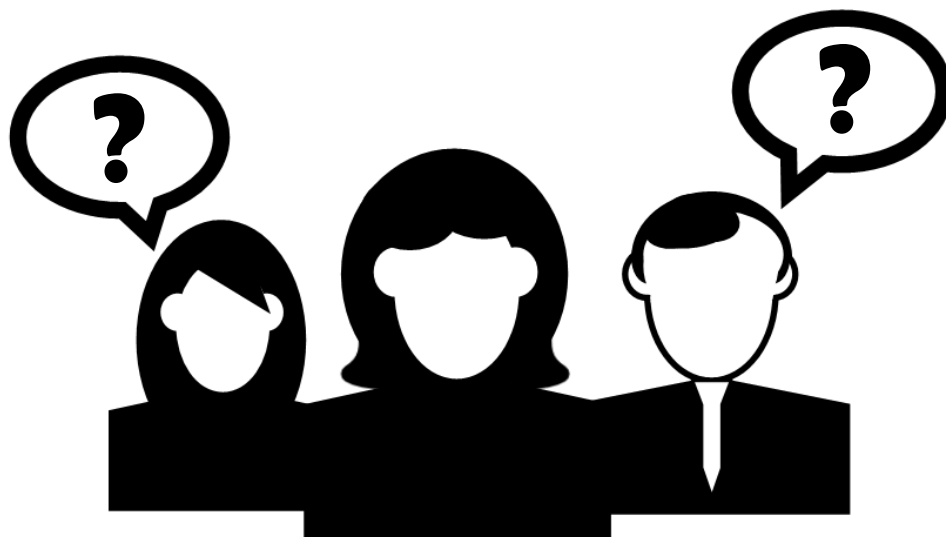
@forwardcarers



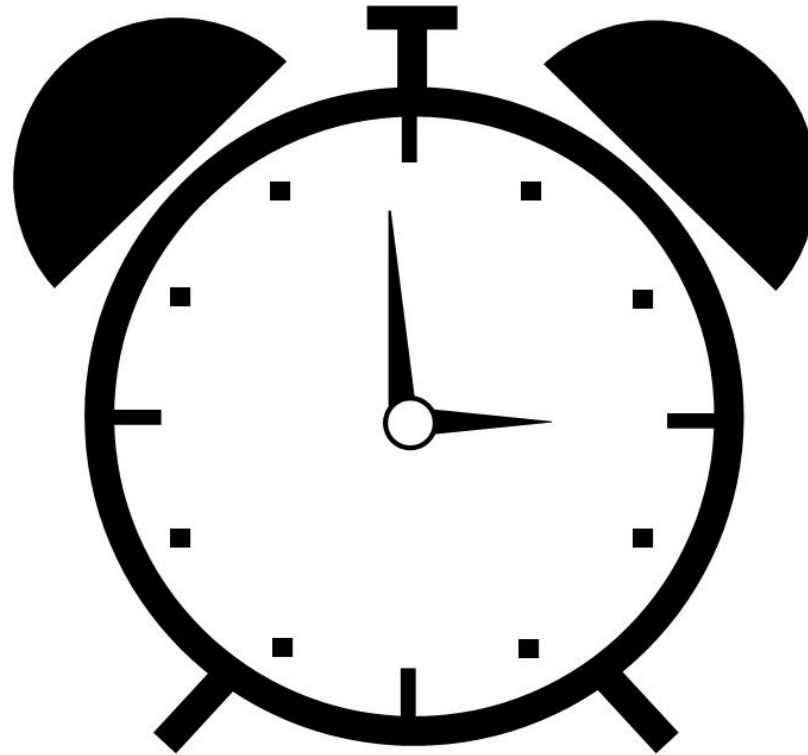
@forwardcarers



# Any Questions



# Break



# Adult Social Care

Citywide Adults Safeguarding Team –  
Loneliness & Social Isolation  
Danielle Parker



# Care Act s42 Safeguarding example

- Loneliness and social isolation are key factors.
  - E.g. woman in her 20s – isolated – experiencing mental ill-health- partner used the isolation & increased this through domestic abuse/coercive control.
  - E.g. woman in her 60s vulnerable due to her mental health seeking friendship & support from a neighbour but financial abused.
-

# Mr X's story

- Man in his 40s with care and support needs in relation to his Learning Disability.
- Use of social media & chat rooms to find friendship/have contact due to loneliness & social isolation.
- Chatting led to meeting up but the woman wasn't who she said she was & had a man with her.

# continued

- X had money stolen from his flat after bringing the woman & a man back to his flat.
- They then returned & forced him to withdraw money from a cashpoint under threat of physical violence.
- X felt too scared to remain at his flat & went to live temporarily with family.

# continued

- X was supported to look at alternative housing options to better meet his support needs.
  - Supported accommodation was found in to meet X's housing needs and reduce his social isolation and protect from future risks of financial, psychological and physical abuse.
  - Partnership working with housing, police, adult social care & support agencies to
- 
- empower X.

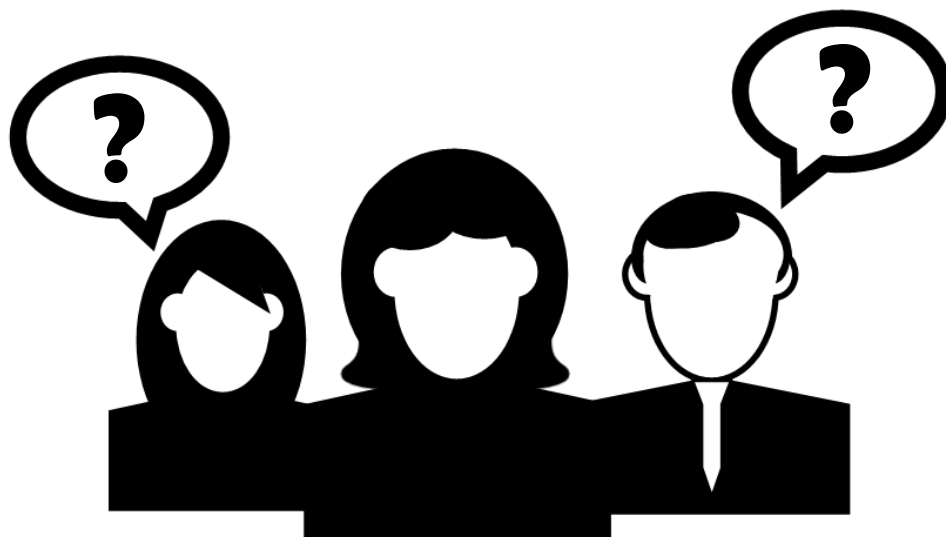


For more information please contact:  
Danielle Parker, Team Manager -  
[Danielle.Parker@birmingham.gov.uk](mailto:Danielle.Parker@birmingham.gov.uk)





# Any Questions



# PRESENTATION



## **Reducing Social Isolation & Loneliness** Sukie Binning, Head of Operations



**Reducing Loneliness & Isolation**

**Sukie Binning**

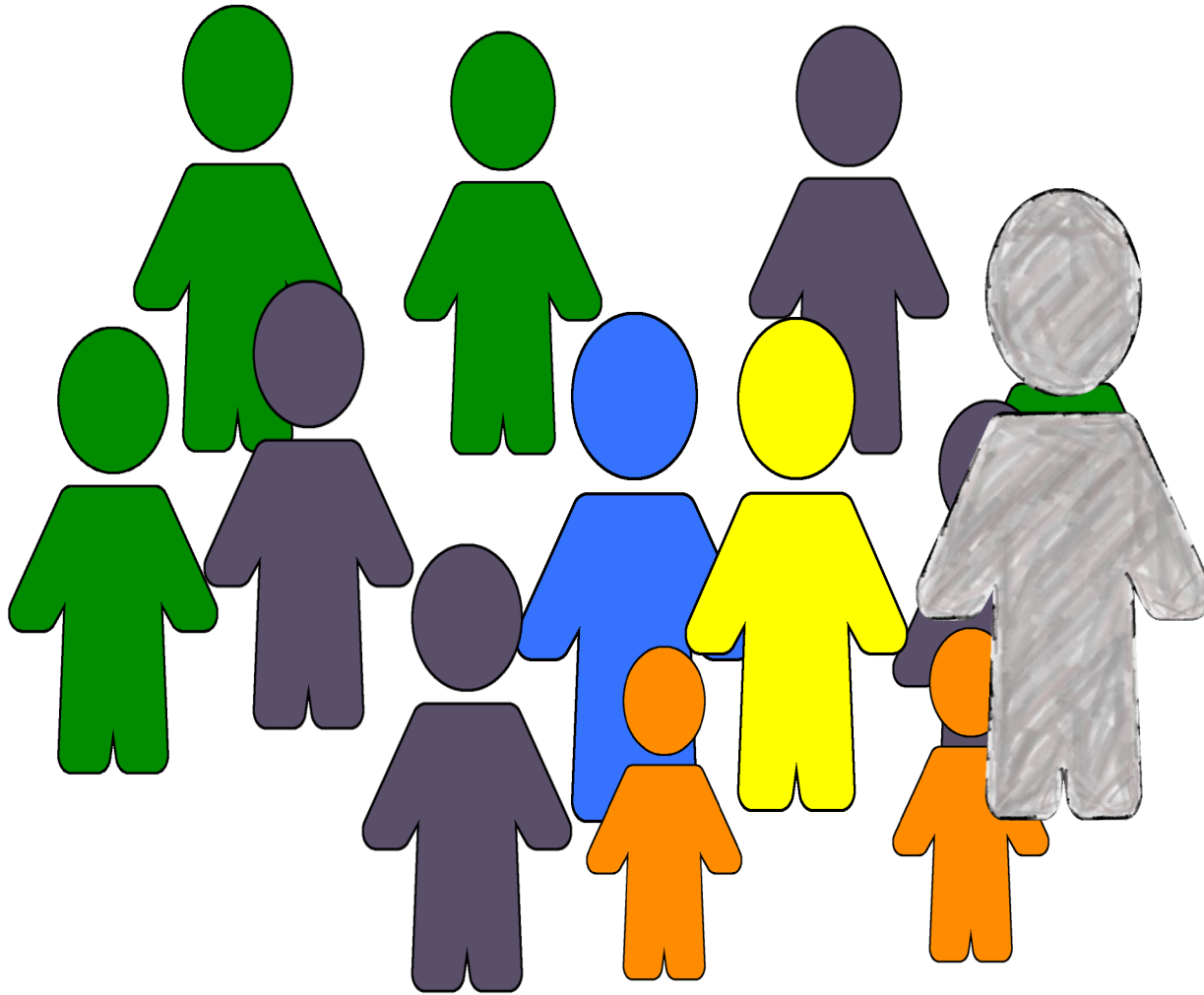
**Head of Operations**

# Who are we?

- Support people aged 50+
- Mission Statement:

“To promote the well being of older people across Birmingham and Sandwell.”
- Accurate high quality Information & Advice
- Activities to reduce loneliness & isolation
- Services to maintain independence at home

# Gradual loss of Social Connections





# The Pandemic

- Most of the country turned to technology to stay connected – Zoom and WhatsApp
- Survey of 150 people aged 70 and over – only 5% were digitally active
- More vulnerable to exploitation –  
“give me your bank card and I will go do your shopping for you”
- Telephone befriending and teleconference activities

## Trusting a tradesman

- 75 year old gentleman who lived alone and owned his own house
- Cold called by a roofer who had seen a loose tile
- Took over £15,000 over a 6 month period
- A concerned **neighbour** brought Paul in after he complained to her
- Reported to police and Trading Standards  
*“I can't believe I've been so foolish”*

# Relaxation of Restrictions

- Rebuilding social connections:
  - Social engagement – friendship groups
  - Physical activity – walking groups, exercise
  - Interest-based activities – book clubs, IT clubs

**Creating safe spaces for meaningful social connections protects vulnerable older people from abuse**

Any questions?

# PRESENTATION



## **Loneliness & Isolation A Preventative Approach**

Elizabeth Shepherd & Paul Moore



# LONELINESS & ISOLATION

## A PREVENTATIVE APPROACH

May 2021





## Who are the Active Wellbeing Society?

Our vision: *Healthy, happy people living active and connected lives*

---

- A mutual, member-led cooperative
- Ethos based on removing barriers to participation
- Run free activity programmes - learn to ride, group exercise, walking, running, growing, art/craft
- Food poverty support - food parcels/distribution, community cafes, cooking skills
- Community support and engagement - active streets, community conversations
- Social prescribing link workers
- Listen & Connect telephone support service
- Deliver a programme of virtual activity support (over 1k sessions during Covid).

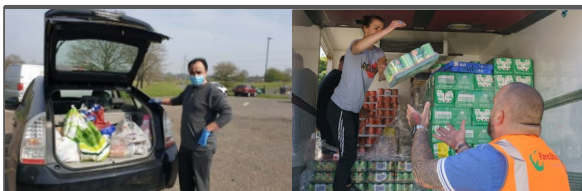
# A TIME FOR CHANGE

In March 2020 with the first Covid Lockdown imminent we started having conversations about how we could support individuals and communities through these difficult times. We moved quickly to develop alternative models that encompassed practical and emotional support.

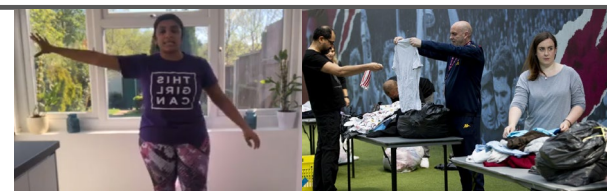
During the Covid-19 pandemic #BrumTogether has been the city's coalition of voluntary, community and faith groups. The network included more than 80 partner organisations working together to provide those most in need with essential support and services. This has involved coordinating and delivering food parcels, hot meals, hygiene products, clothing, baby supplies and children's activity packs to families.

The Active Wellbeing Society have also delivered a telephone support service, virtual wellbeing activities and sharing positive stories of people coming together to support each other.





## TAWS KEY ACTIVITIES MARCH 20 - MARCH 21



**1,919** bulk food orders  
distributed to partners  
= **95,675** parcels



**35,471** cooked meals  
through Community Cafes and  
doorstep delivery



**1,145** online sessions  
physical and support activity  
**968**hrs content



**20,000** calls received for support  
**6,038** people had telephone support  
= **14,845** calls & **5,640**hrs support



**76,951** food parcels  
delivered to  
**45,300** households via TAWS



**4.1 tonnes** donated  
clothes  
distributed to  
**598** households



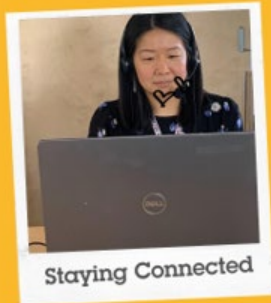
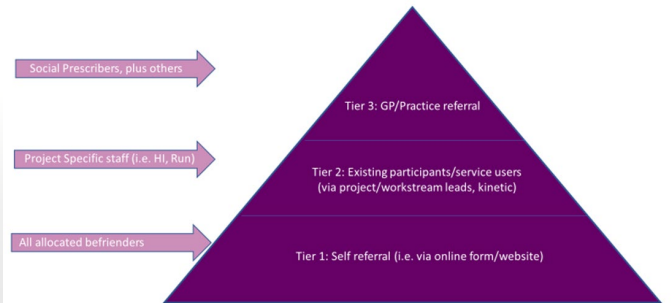
**1,018** unique volunteers  
**25,580** hours of support



**80,000** items of supplies\*  
**2,000** children's activity packs

\*Funded by Direct Line's Community Fund donation of £100k & public donations

## Telephone Support - Points of Entry



#BrumTogether

I had been  
feeling quite  
low but this  
call has been a  
breath of fresh  
air



#BRUMTOGETHER

“  
Thank you for the  
lift that I really  
needed today

#BRUMTOGETHER

*A Personal Journey..*

*COVID exacerbated levels of loneliness and isolation alongside levels of inequality*

*Increase awareness about Loneliness & Isolation*

*Our data reflects that of the ONS Mapping of Loneliness during the pandemic.*

*65% people aged 18-54 years old.*

*90% lived in Quintiles 1 & 2 (40% of the most deprived areas in the country).*

### Common Themes

Mental Health Conditions  
Low mood  
Physical Health Conditions  
Decrease in support networks  
Unemployed  
Past Trauma  
Live alone  
Live in shared accommodation  
Lower socio-economic background  
Loss and bereavement  
Carers  
Single Parents

*Interconnected with multiple disadvantages.*

### Challenges

Domestic Violence  
Homelessness  
Housing issues  
Grooming & Sexual Exploitation  
Lack family or friendship support  
Gang Violence  
Substance misuse  
Medication issues  
Unable to reach professional support  
Single parenting with children with disabilities  
Fuel Poverty  
Poverty – benefit issues, paying bills.  
Change in circumstances – loss of a job, house  
Bereavement.



# LISTEN & CONNECT

## Our Vision

- To promote good mental health, physical wellbeing, and a sense of community belonging; through meaningful conversation and connecting people with local resources and opportunities that will support them to lead the lives they want to live.

## Our Mission

- The service provides 12 weeks of person centred support and seeks to offer a preventative strengths-based community response to loneliness, isolation, increasing levels of anxiety, depression, health inequalities and inactivity.
- The combination of listening, tangible solutions and working in collaboration with other agencies means we can work to create a stable space for people to consider exploring wider community connections.
- Taking a serious approach to a person's meaningful use of time can mean a huge difference to their self-esteem, well-being and confidence
- We recognise the complexity of people's lives, the multiple barriers to participation and meeting them where they are at.
- Creating opportunities but realising the impact COVID restrictions has had upon behaviour. The pathway into activity can often require support and confidence building not just referral into a social group or physical activity.



Tapiwa,

30



1:2:1  
Cycling

Free Bike

12 Weekly  
Telephone  
Calls

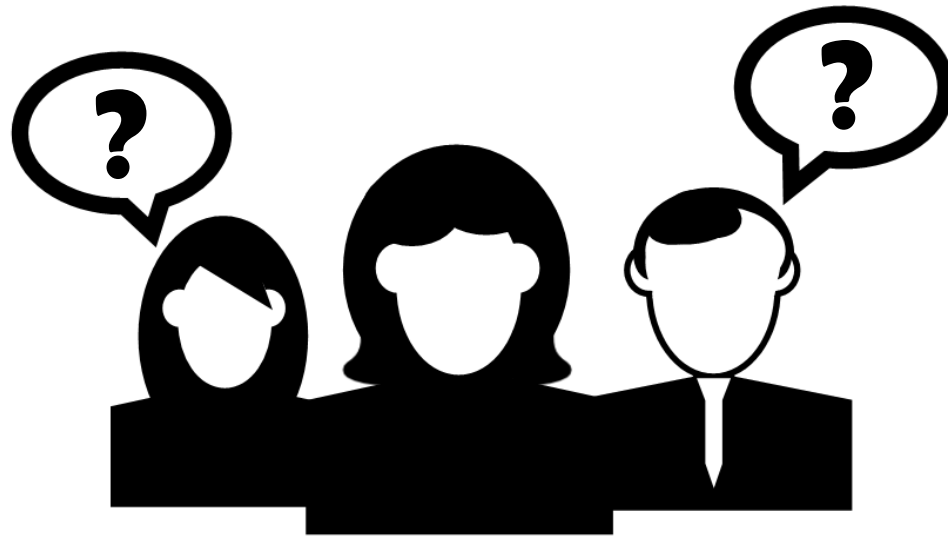
Food  
Parcels

Signposted  
to  
Counselling

"IT WASN'T EASY TO REACH  
**OUT TO A SERVICE**  
BUT THE WHOLE EXPERIENCE  
**HAS BEEN AMAZING.**  
EXCELLENT, EXCELLENT SERVICE... THE  
**COMBINATION OF TALKING**  
THERAPY AND THE PHYSICAL ACTIVITY IS  
EXCELLENT. FOR ME IT WORKS 100%"

"IT'LL BE A GREAT WAY FOR EXERCISING, A GREAT WAY TO  
**DE-STRESS. I'VE GOT LOADS GOING**  
ON IN LIFE, I'M OFF SICK FROM WORK, I'M STRESSED,  
**I'VE GOT AN OPERATION THAT I'M**  
**WAITING FOR, I'M BROKE, I'VE**  
GOT NO MONEY. ALL THOSE THINGS, THE BIKE  
**DOESN'T NEED A LOT FROM ME! I CAN**  
JUST GET ON IT, AS LONG AS I'VE EATEN. I CAN, I'VE  
**GOT MY WATER." "I'M REALLY**  
EXCITED, I'M REALLY GRATEFUL AS WELL, SO THANK  
YOU SO MUCH! IT'S GOING TO BE SO HELPFUL.

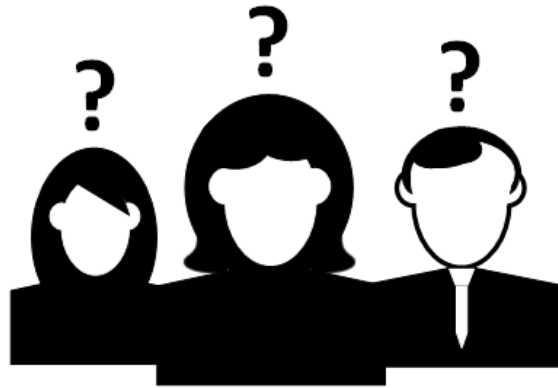
# Any Questions



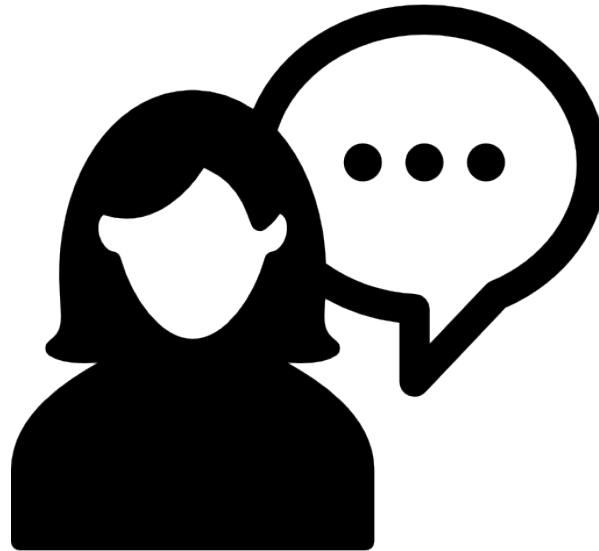
# Breakout Session - Group Discussion

What are you most worried about  
regarding loneliness and safeguarding in  
Birmingham?

*15 Minutes*



# Feedback





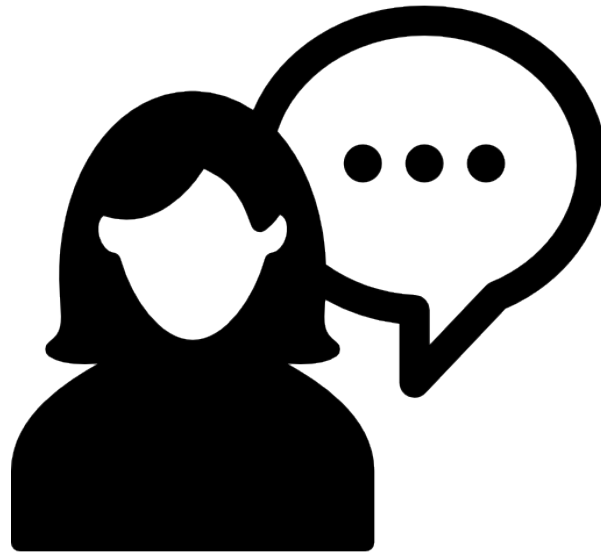


# Chatty Bench

<https://www.youtube.com/watch?v=Up xv0bYOrKY>

# Cherry Dale

# Closing Remarks



**“Safeguarding is everyone’s responsibility”**





**Thank you for your participation**

**Please complete an evaluation  
form for today's Safeguarding Adults Partnership  
Event and email to:**

**[BSABSupportTeam@birmingham.gov.uk](mailto:BSABSupportTeam@birmingham.gov.uk)**

 **@BrumSAB**