Social Exclusion and Loneliness

LiveTime

Jane Mindar        September 2014
What is Social Exclusion?

Social exclusion is commonly used to refer to the process that leads to a breakdown of the relationship between society and the individual (Room, 1998).

This is the process which results in Loneliness.
So How can an Older Person Become Socially Excluded?
Dimensions of Social Exclusion

1. Exclusion from social relationships
2. Exclusion from cultural activities
3. Exclusion from civic activities
4. Exclusion from access to basic services
5. Neighbourhood exclusion
6. Exclusion from financial products
7. Exclusion from material goods
Factors affecting Exclusion

- Health
- Wealth
- Marital status
- Ethnic group
- Access to travel
- Access to communication
The Guardian – Loneliness is a Silent Plague….

Elderly people who are lonely because they do not see friends or family regularly are almost 50 per cent more likely to die before their time than those who do, a stark new study shows.

Study by University College of London 2013
Why Social Exclusion Damages Health

- depression
- substance abuse
- increased smoking
- increased anxiety
- reduced medical care and compliance
- increased stress levels
- reduced satisfaction with life
- decreased self-esteem
- increased blood pressure
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What have we done?

1. Activities
2. Conference
3. Befriending service
4. Volunteering opportunities
What Worked Well?

- Conference
- Small group activities such as ‘stitch and bitch’, film nights, exercise classes, cooking activities
- Volunteering opportunities
- Being in receipt of volunteering services
- Community centres as venues
- Hooking people up with befriending services
Considerations

• It can be resource heavy
• Venues aren’t always suitable
• Weather!
• Accessibility
• Men are more difficult to engage
• It works better when you can get a tenant to take the lead
Contact Me?

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