



Llywodraeth Cymru
Welsh Government

Cysylltu Cymunedau - Mynd i'r Afael ag
Unigrwydd ac Ynysigrwydd Cymdeithasol
Llywodraeth Cymru Dogfen Ymgynghori

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.

Background cont..

- 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

Welsh Government's approach

- 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

- Consultation document, on Welsh Government website <https://beta.gov.wales/connected-communities-tackling-loneliness-and-social-isolation>
- Email responses to: **LonelinessAndIsolation@gov.wales**
- Respond by post
- Via online form