



Welcome to Hastings Community Network

21st January 2020

**The impact of loneliness and isolation for all
in Hastings and St Leonards**





Welcome



Steve Manwaring (HVA CEO)

Tracey Rose (HCN Executive Member)

Teresa Flower (ESCC Locality Link Worker)





Agenda



- 9.30 Registration and Networking**
- 10.00 Welcome and Introduction**
- 10.15 Setting the Scene**
- 10.35 Introduction to Conversations**
- 10.45 Conversations and Networking**
- 11.15 Refreshments Served**
- 12.05 Brief Feedback from Conversation Hosts**
- 12.45 Updates from Previous HCN Events**
- 13.05 Next Steps and Closing Remarks**
- 13.30 Evaluation and Event Close**

Campaign to EndLoneliness

CONNECTIONS IN OLDER AGE

Andy Nazer – Campaign Manager (England)
@andy_nazer / @EndlonelinessUK

Supported by



Definitions

Loneliness is subjective:

The unwelcome feeling of a gap between the social connections we want and the ones we have

It can be Social or emotional, Transient, situational or **chronic**

Isolation is objective:

A measure of the contacts or interactions

“Language... has created the word "loneliness" to express the pain of being alone. And it has created the word "solitude" to express the glory of being alone.”

Paul Johannes Tillich

Loneliness, living alone and poor social connections are as bad for you as smoking 15 cigarettes a day (Holt Lunstad, 2010)



Hello!

www.BeMoreUs.org.uk



Why don't we talk anymore?

Thank you!

Join us www.campaigntoendloneliness.org / www.BeMoreUs.org.uk

Twitter @EndLonelinessUK / @andy_nazer

Facebook Thecampaigntoendloneliness

Email us andy@campaigntoendloneliness.org.uk
info@campaigntoendloneliness.org.uk

Call us 0203 865 3908

Write to us Campaign to End Loneliness, CAN Mezzanine, 49-51 East Road,
London N1 6AH

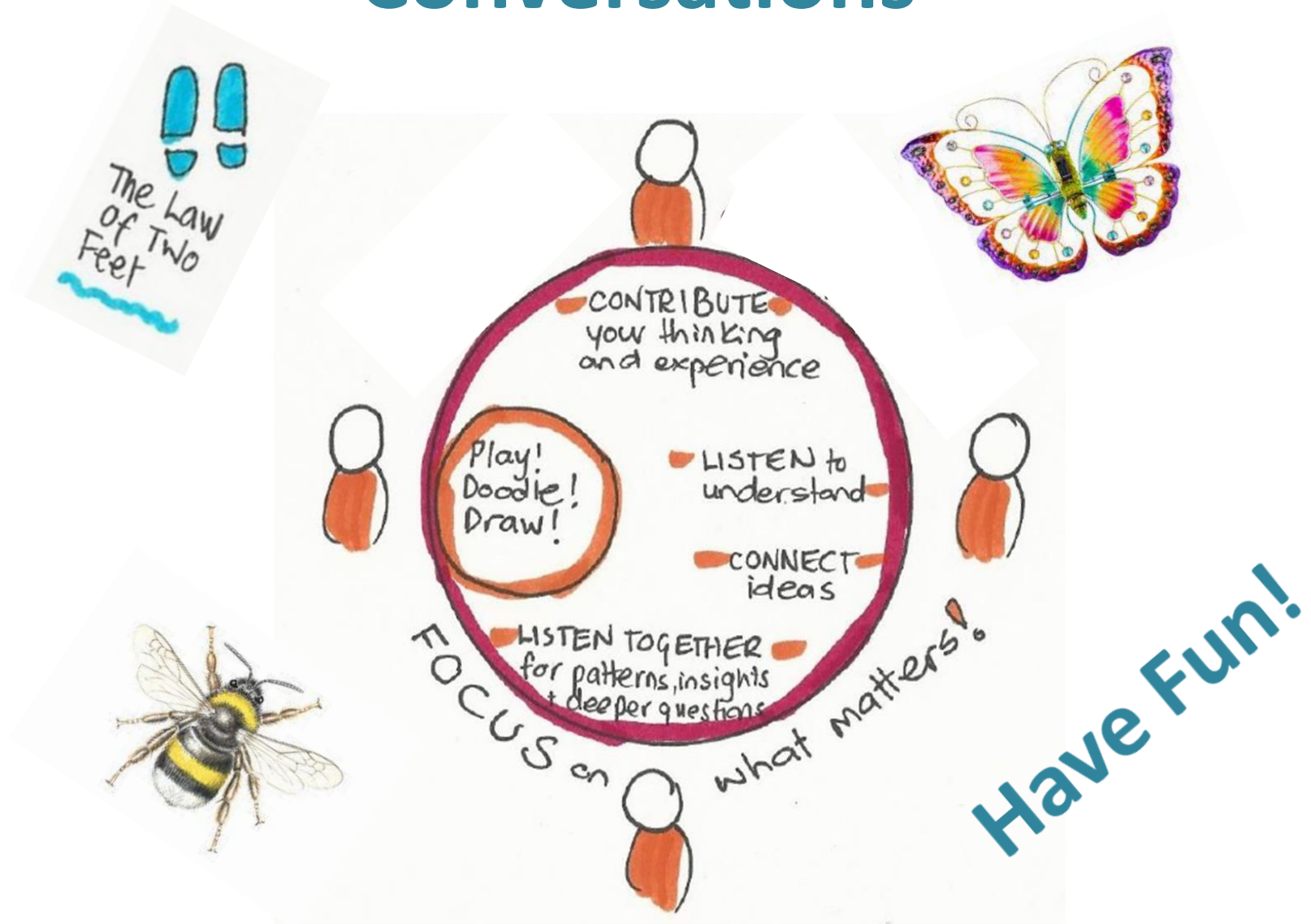
Introduction to Conversations

Teresa Flower – ESCC



The impact of loneliness and isolation for all in
Hastings and St Leonards

Conversations



Conversations

Conversations	Hosts
1. Informal Carers	Jo Egan – Care for the Carers Julie Skinner - Association of Carers
2. Older People	Ruairi McCourt - Age UK East Sussex Debbi Anderson - HVA
3. Refuges and Asylum Seekers	Marc Turczanski - HVA
4. Parents	Tracey Rose – FSN Donna Meenan - ESCC
5. Health	Martin Symons – St Michael's Hospice Fran Johnson and Alison Walters – Macmillan Martin Williams - ESCC
6. Mental Health	Caroline Castle and Catherin Lulham - Southdown Jacy Kilvert – Mind
7. Housing Issues	Jane Healey – ESCC Dave Perry - Seaview Kerry Farmer - ESCC
8. Addiction and Recovery	Kanna Inglestone - ESRA
9. Employment	Julie Abson - SCDA Rosemary Millward - Southdown Sophie Parsons – Sussex Partnership NHS Trust
10. Young People	Alan Foster – Hastings Borough Council Su Barnicoat- Hill – HVA Kelly Hodgson- Xtrax



Next Steps



- The HCN planning group will reflect on outcomes of today's event/ identify actions alongside key contributors
- An HCN report 'The impact of loneliness and isolation for all in Hastings and St Leonards' will be produced and shared widely
- The report will be freely available on the HCN pages of the HVA website
- The report will be presented to Executive Delivery Group (EDG) and the Local Strategic Partnership (LSP)
- Updates on progress will be shared at future HCN events and cross cutting themes highlighted

Information Sharing After Today

1. Ensure you have given consent for your contact details to be shared on the sign in sheet today
2. Ensure the activities, groups, events, support and opportunities you offer locally are listed on ESCIS. **Its FREE** and is used widely by practitioners and the community

www.escis.org.uk

info@escis.org.uk





Hastings Community Network

BOOK NOW!



HCN Consultation on the HBC Budget

23rd January 2020

10 am – 12 noon at Jackson Hall

Volunteer Co-ordinators Forum

12th February 2020

9.30 am – 12.30 pm East Sussex College Hastings

Marketplace and Open Mic Event

Wednesday 8th April 2020

9.30 am – 1.30 pm at East Sussex College Hastings

Booking at:

<https://hastingsvoluntaryaction.org.uk/events>