



Lanchester Loneliness Project Summary 'Welcoming Lanchester' Guide - A Guide to Lanchester addressing Issues around Loneliness

What is the Lanchester Loneliness Project and the 'Welcoming Lanchester' Guide?

It's a community initiative and the guide addresses issues around loneliness. It provides information and aims to engage everybody in the community. We hope to encourage everyone to make a difference by starting conversations and to attempt to tackle Lanchester's loneliness

What are the aims of the Project?

To increase awareness and understanding about loneliness and provide information for residents.

Why is this needed?

Several different sections of the community were identifying residents who were lonely and the topic was raised at the Patient Participation Group. This group arranged a community event which identified there were many examples of Loneliness within our community. The PPG set up a Working Group to research this. As a result of its findings, including reviewing national research, the Guide was developed as a tool by which to tackle specific areas of concern within Lanchester's community

Who is the project and Guide aimed at?

The village has a predominantly older and ageing demographic profile so our older residents were our main concern. Research quickly identified that loneliness can affect anyone at any time, so the project progressed to consider all audiences and age groups together. This includes the elderly, anyone who is not able to get out as often as they would like, family members, friends, colleagues, neighbours, newcomers, teenagers, young families, carers and those with disabilities. We hope everyone feels included.

What's included?

Obviously there is information about loneliness and suggestions about ways to reduce any impact in our community with other sections aimed on supporting newcomers and villagers alike. The remaining contents are a mix of information about Lanchester and County Durham services, then sections that support the areas where our information search lead us to explore for our Parish.

How might I use the Guide for myself or to support others?

The Guide is a tool, enabling you to 'dip in and dip out' as the need arises. It provides information to help you befriend, support and engage with people who are lonely, or at risk of becoming lonely. It should be a catalyst and signposts readers to other resources where you can find more information. There are useful tips to consider, details about volunteering opportunities, questions and lists of things to think about, as well as useful hints to help get the most out of the Guide.

How is it being used within the Lanchester community?

The Working Group will be introducing the Guide to key individuals, groups and clubs in the community and offering suggestions on how to take forward some of the suggestions for activities related to loneliness and 'starting conversations' within their own environment

How do I find out more about the project?

You can view it online. Key village venues, such as the Lanchester Medical and Community Centres and the library carry a small stock. The Guide has been delivered to each household, businesses and organisations within the Parish.

Who can I contact?

This project was initiated by the Patient Participation Group of Lanchester Medical Centre and is supported and funded by Mid Durham Area Action Partnership and Durham County Council Transformation and Partnerships. It has been developed by a Working Group that includes the Lanchester Partnership. The Parish Council also supports this work. The Guide includes lots of useful contacts.

Connecting our Community Making a Difference by starting conversations And taking action on Lanchester's Loneliness

