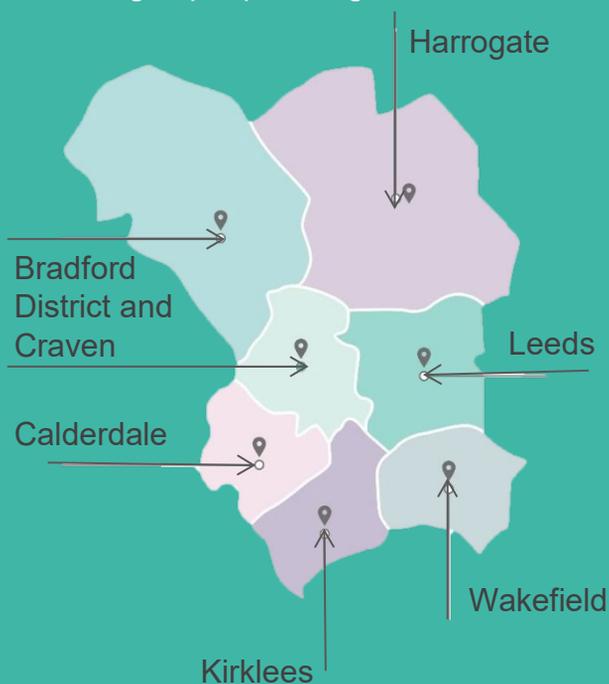


# Telling our Partnership story



**Proud to be the West Yorkshire and Harrogate Health and Care Partnership**

Committed to improving the health and wellbeing of people living in:



- Working to improve people's health with and for them
- Improving people's experience of healthcare
- Making every penny in the pound count
- Working to keep people well and make life better for 2.6 million people living in West Yorkshire and Harrogate.

**West Yorkshire and Harrogate Health and Care Partnership**



## Leeds wellbeing co-ordinators continue to combat loneliness



Credit: Linking Leeds

“Loneliness has a significant impact on a person’s physical and mental health. A Health Foundation report (December 2018) highlighted how living alone can make older people 50% more likely to find themselves in A&E than those living with family. Pensioners living alone are also 25% more likely to develop a mental health condition. Social isolation can raise the risk of having a stroke by a third and is considered as unhealthy as smoking 15 cigarettes a day.”

-Dr Simon Stockill, Medical Director for NHS Leeds Clinical Commissioning Group

## Peer support during Covid-19:

Leeds community and voluntary sector organisation offer support to the city's residents to reduce the risk of social isolation and loneliness. Many services that the Linking Leeds wellbeing co-ordinators refer to are open and provide help with mental health and wellbeing, offering access to key essentials and support for those who have difficulties communicating or mobility issues.

Social prescribing helps support people who see their GP which are not directly related to medical conditions and is designed to combat anxiety, loneliness and depression. Social prescribing is a way of enabling health colleagues to refer people with social, emotional or practical needs to a range of local, non-medical services such as debt advice or social networks.

## Findings

- Before the pandemic one in five people reported feeling often or always lonely
- Over a quarter (28%) of UK adults agree that they worry something will happen to them and no one will notice
- 41% of UK adults report feeling lonelier since lockdown
- 31% of UK adults often feel alone as though they have no one to turn to
- 37% of UK adults agree their neighbours are like strangers to them
- 33% of UK adults haven't had a meaningful conversation with someone within the last week
- One third of UK adults are concerned that their loneliness will get worse
- The majority of the loneliest people live in towns and cities with 51% of people living in urban areas reporting they feel always/often lonely compared to 33% in suburban and 16% in rural areas



Credit: Linking Leeds

## How people benefitted from staying connected

- Regular phone calls, online activities and wellbeing activities to do at home are helping people feel less alone
- Around three in five UK adults have found messages or support from friends a useful way to stay positive and connected
- A quarter of UK adults have felt more connected and positive after seeing stories of acts of kindness. (source: NHS Leeds Clinical Commissioning Group)



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A partnership made up of the NHS, local councils, care providers, Healthwatch, community and carers organisations

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West Yorkshire and Harrogate  
Health and Care Partnership

