



# NEIGHBOURHOODS *Connect*

# What is social isolation?



An individual:

- lacks a sense of belonging socially
- has a minimal number of social contacts
- is deficient in fulfilling and quality relationships

- Social isolation has an impact on quality of life on an individual and community level.



## Impact on individuals

Obesity  
High blood pressure  
Onset of disability  
Risk of alcohol misuse  
Cognitive decline  
Depression

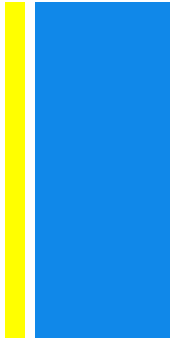


## Impact on communities

Health and social services  
Crime and antisocial behaviour  
Physical environment  
Community facilities



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- We're a community based project, our aim is to reduce social isolation and enable people to be more connected to their community.
- We work with people aged 18+
- We work across South East, North East and Central Haringey.
- We offer brief lifestyle interventions in community locations
- We use motivational interviewing techniques and take an asset base approach
- Over the course of our first year we will run four resident lead intergenerational community projects.

# Benefits to individuals and communities of being more connected

## ■ Benefits of social engagement to individuals:

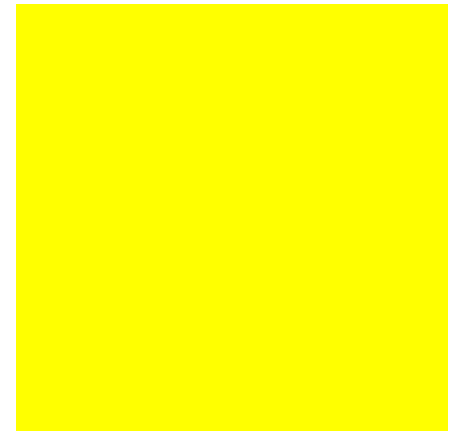
- •Improved mood •Increased happiness •Improved quality of life
- •Healthier living •Successful ageing •Increased life expectancy

## ■ Benefits of social engagement to communities:

- •Communities have a more powerful voice • Areas with a strong sense of community are safer • Reduced strain on health and social services • More social and leisure opportunities



Thank you  
for listening



Any questions or comments?  
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