

Plymouth Social Isolation Forum & Belong in Plymouth



PRESENTS



Bringing Plymouth together to find Solutions to Isolation and Loneliness

INTERACTIVE CONFERENCE, DISCUSSION GROUPS AND EXHIBITION

date and Venue

Wednesday 27 April 2022

Duke of Cornwall Hotel

Milbay Road, PL1 3LG, Plymouth

www.socialisolationforum.org.uk

Conference Guide

Plymouth Social Isolation Forum, is a partnership of community and voluntary sector organisations with social prescribing teams, wellbeing hubs, social care roles and much more. **Belong in Plymouth**, is a network of organisations and individuals who wish to see Plymouth become a city where no one feels forgotten and where people take time to notice one another and where everyone has something to give. The programme and network is led by POP, an organisation that supports small and grassroots organisations across Plymouth. Both organisations have teamed up to present this important interactive **CONFERENCE, DISCUSSION GROUP WORKSHOPS and EXHIBITION**. The event is being held to address the issues of isolation and loneliness in Plymouth. The partnership also includes the statutory sector in that we are working with Plymouth City Council's Community Empowerment Operational Lead, Rachel Silcock and her staff and the Director of Public Health Dr Ruth Harrell.

Frequently feeling lonely has been linked to early deaths and an increased risk of coronary heart disease, stroke, depression, cognitive decline and dementia. And the lockdown actions introduced to reduce the control of Covid-19 infections, have greatly exacerbated the problem of loneliness, and affected a broader swathe of society.

The objectives of the conference are to:

- raise awareness of the extent loneliness permeates all our communities;
- remove stereotypes from our thinking and actions;
- remove stigmas associated with seeking help;
- remove barriers for obtaining help;
- understand various causes and contributing factors;
- Identify different kinds of solutions.

In order to achieve these objectives, the conference aims to get attendees to take actions to:

- promote what is available now;
- consider social isolation and loneliness as part of the culture in planning;
- understand what needs to be done to embed into policy documents the integration of services and the design of the environment in order to maximise opportunities for people to be friendly to each other; this should apply to all organisations however large or small;
- improve community spaces and how to use them to encourage people to talk to each other.
- find ways to prevent isolation and loneliness.

The event is highly interactive, and people will be able to participate in two of the four discussion group workshop sessions. These are being repeated in the morning and afternoon to give everyone a chance to attend two sessions of most interest to themselves.

They will also meet people involved in organisations that will be exhibiting on the day and have services to offer that address some of these problems.

The conference will be structured to encourage networking and information gathering. At the start of the conference Janet Sawyer MBE BEM will open the conference and set the scene. Facilitators of the different discussion groups together with support staff from POP, Plymouth Social Isolation Forum and Belong in Plymouth will be identified by Mark Rowles Compère for the day.

At the end of the day the discussion group facilitators will report back to all the attendees of the conference followed by questions.

The most important thing is that this is a **CALL TO ACTION**, a springboard to solutions that might be presented at future interactive events.

Conference Overview and Timetable

Conference is organised by Plymouth Social Isolation Forum supported by Belong in Plymouth (POP)

27 April 2022 | Open 9 am for registration, Formal start 10am Duke of Cornwall Hotel,

Below is an overview of the day, detailing timings, speakers/facilitators, actions, and confirmation of activities.

www.socialisolationforum.org.uk

Agenda	Start	Finish	Details of each agenda item	People
Arrival / Registration, network & visit stands	9:00	10.00	Register to receive conference badge, exhibitor list, delegate list and conference pack . Sign up for two discussion groups.	Volunteers from Plymouth Social Isolation Forum and Belong in Plymouth
EXHIBITION IS TO BE HELD IN THE BALLROOM OF THE HOTEL				
Compère	10.00	10.15	<p>Explain how the day works, point out the exhibitors, introduce the facilitators and recorders from POP.</p> <p>Describe topics explored within each discussion group. This is to identify who they are with the conference guide providing details.</p> <p>Identify Will Halfacree who is producing an evaluation video</p>	<p>Mark Rowles Four Greens Community Trust</p> <p>Richard Stevens, Lesley Hargreaves,</p> <p>Hillary Kolinsky, Fleur Powell, Chris Avent, Andrew Clanfield,</p> <p>Sam Vaughan, Elena Golder,</p> <p>Ian Sherriff BEM, Kate Smith,</p>

			and Dr Jan Knight Conference Organiser.	Mike Jarman, Jodie Frost, Imogen Potter, Deborah Penparase, Millie Lopic, Clare Law Will Halfacree, Simon Cohen Ballroom
Speakers to Open the conference	10.15	10.40	Brief outline of why the event is needed and to set the scene for a highly positive conference. Ballroom	Janet Sawyer MBE BEM Peter Gorton
Compère	10.40	10.45	Remind people about the contents of the delegate packs with conference guide to discussion groups, a list of delegates and exhibitors and location of syndicate rooms and guides to help find the different Discussion Group rooms.	Mark Rowles
Networking / walkaround Locate workshops	10.45	11.15	Network, visit Exhibition and find Discussion Group Guide with a notice sign who will lead them to the allocated syndicate rooms. People not attending workshops will have more time to visit the exhibition and network.	
Discussion Group workshops	11.15	12.15	Discussion Group 1: Transport issues of relevance to isolation and loneliness to include special needs of people with physical disabilities Writing Room Ground Floor	Richard Stevens CEO Plymouth City Bus, Chair Devon & Plymouth Chamber of commerce plus Lesley Hargreaves, Access Plymouth
			Discussion Group 2: Planning and the Environment to include open & green spaces, leisure and community activities. • Buildings, residential & business: inside and outside • Green and open spaces and outside environment Millbay Room Second Floor	Hilary Kolinsky & Fleur Powell: Studio Skein Chis Avent, Green Estate Manager and Andrew Clanfield, Environmental Planning, Plymouth, City Council
			Discussion Group 3: Health & Wellbeing • Primary Care & NHS (disease centred) vs Holistic Health & Wellbeing to include mental health	Health & Wellbeing Integrated Clinics, Prof Saul Bloxham, Plymouth Marjon University. Session run by Sam Vaughan & Elena Golder Ian Sherriff, Plymouth Dementia Action

			<ul style="list-style-type: none"> Loneliness issues experienced by people living with dementia and carers. Hayward Room Second Floor 	Alliance, Kate Smith, Memory Matters
			<p>Discussion Group 4: Young People.</p> <ul style="list-style-type: none"> Issues of relevance to young people that may lead to or effect their experiences of isolation and loneliness. Station Room Second Floor 	Mike Jarman & Jodie Frost (Youth Enquiry Service Plymouth Ltd and the Zone)
Lunch & Networking	12.15	13.15	Buffet in hotel restaurant; teas & coffee in lounge; opportunity to visit exhibition	
Discussion Group workshop repeats	13.15	14.15	Discussion groups repeated from morning sessions giving people a chance to attend two of the four groups - See above for details	
Return to ballroom; comfort break	14.15	14.25	Opportunity to get settled before start of report back session	
Reflection / next steps	14.25	15.15	Discussion Group Facilitators and Recorders to report back on the findings from morning and afternoon sessions; Q&A with suggestions, recommendations and CALL TO ACTION. Ballroom	Mark Rowles Compère
Opportunities for further networking & visit to stands	15.15	16.00	Further opportunities to network; visits to exhibition stands Compère reminds people to deposit their evaluation forms on their way out. Ballroom	

The event is being organised by Dr Jan Knight on behalf of Plymouth Social Isolation Forum and Belong in Plymouth with support from staff and volunteers at Knight Scientific Limited, Plymouth Social Isolation Forum, Park Pharmacy Trust and Plymouth Octopus Partnership (POP)

Mark Rowles Compère

Mark Rowles has been Strategic Co-ordinator for the Four Greens Community Trust since April 2018 and in that time has overseen the development of the Wellbeing Hub initiative in partnership with Plymouth City Council. He has supported the Board with the development of their strategy and is currently leading on the Emergency Response set up with local partners that is supporting our local community during Covid-19. His role is to ensure the long-term economic viability of the Trust.

Mark has worked in community development for his entire working life. Roles included working as a sports development officer, developing / managing community sports facilities, being a Children Centre Manager and developing a training and education department, and being a youth leader.

As well as his role with Four Greens Community Trust Mark also has his own community development business and is delighted to be working with organisations including Barnardos, Argyle Community Trust and Honicknowle Commnet to support the development of community projects.



Janet Sawyer MBE BEM Keynote speaker to open the conference



Janet is an inspirational speaker, an entrepreneur, and a great enthusiast. She pioneered what is now called Social Prescribing and was awarded the British Empire Medal for her contribution to Employment and Culture followed by the East Devon Champion Award. She set up Farringdon Society of Arts, a cultural hub, as a means to bring the community of a small farming hamlet together where the church was no longer a central focus. And while being fully aware of the problems of social isolation in rural areas she has extensive experience of issues contributing to isolation and loneliness in urban conurbations. She taught primary children in the East End of London, qualified as a

counsellor and community worker in North London where she created spaces and activities for deprived mothers. She trained as a child psychotherapist at the Tavistock clinic in London to give her more tools for her work with young children.

She is currently managing director of LittlePod a company she founded in 2010. The idea for LittlePod came to her after hearing a talk at the Arts Society about the importance of vanilla for farmers on the equatorial belt and the value of vanilla orchid to forest regeneration. LittlePod has now established a collaborative farm in Indonesia to protect the vines and encourage afforestation.

Over the past 12 years LittlePod has won numerous awards including: The Queen's Award for Enterprise in Sustainable Development, Board of Trade Award for Exporting, Kosherfest award and was recently a finalist in the Business of the Year Award. In 2020 Janet received the MBE for her contribution to International Sales, Exports and Sustainability.

Peter Gorton



Peter Gorton is an award winning chef, a Fellow of The MasterChef of Great Britain and a Business Chef Consultant. He is one of Devon's finest chefs and began his career in the 1980s at the age of 16 and trained at some of the best restaurants in the UK and around the world.

A well known face in the media Peter is a regular contributor to food magazines and newspapers providing recipe columns. Peter has also made a number of television series and has published three books.

Peter also enjoys a national reputation as a demonstration chef providing private and public cooking demonstrations around the UK and is a popular regular at the South West region many food events

including Plymouth Flavour Fest and Exeter's Food and Drink Festival.

Discussion Group Workshops Duke of Cornwall Hotel

Discussion Group 1 Transport Writing Room Ground Floor	Discussion Group 2 Planning and Environment Millbay Room (part of Millbay Suite) Second Floor
Discussion Group 3 Health and Wellbeing Hayward Room Second Floor	Discussion Group 4 Young People Station Room (part of Millbay Suite) Second Floor

Transport Discussion Workshop Group 1

This interactive workshop will cover transport issues of relevance to isolation and loneliness and will include the special needs of people with physical disabilities. It will be an opportunity for attendees to discuss problems they are aware of and most important suggest ideas that could remedy these problems. Participants will be encouraged to contribute ideas that could strengthen community engagement but also bring to light problems that need to be addressed. These ideas will be collected by staff from POP who will help summarise these ideas at the end of the conference for presentation by the facilitators. Findings from the workshop will be included in the follow-up proceedings of the conference.

Facilitators Richard Stevens

Richard Stevens was born in North Devon and is proud of being a West Country boy, having lived and worked all over Devon and Cornwall; Richard is committed to ensuring that our cities, towns, rural and coastal areas receive the focus and investment they need to enable everyone who lives here to be successful and valued.

Richard Stevens has enjoyed a 31 year career in public transport, he was appointed as Managing Director of Plymouth CityBus in May 2012. In addition, he is the current chair of the Devon & Plymouth Chamber of Commerce; chair of the Plymouth Area Business Council, chair of the Plymouth Growth Board; Chair of Governor's for All Saints Academy. As a Heart of the Southwest LEP board member Richard Chairs the business leadership group, is deputy chair of the Strategic Investment Panel and deputy chair of the Local Transport Board. He is on the Devonport Task Force, One Plymouth, the Peninsular Rail Task Force. Richard is a Deputy Lieutenant for Devon; he is committed to working with all strategic partners, to ensure that the voice of business in Plymouth, Devon and the region is strong, unified, and playing to its collective strengths. In his spare time Richard enjoys Sailing and Rugby.



Lesley Hargreaves

Hargreaves is CEO of Access Plymouth which is a local charity that exists to help Plymouth residents and visitors with their mobility needs. It is housed in purpose-built premises in Mayflower East Car Park, where they provide scooters, wheelchairs and powerchairs for hire and sale. It has door to door minibuses with wheelchair access and a car service using volunteer drivers to take you around Plymouth. Access Plymouth is part of the Shopmobility National scheme, Dial-A-Ride, door to door transport service for anywhere within Plymouth for elderly and disabled residents and Community Car, a not-for-profit car-sharing scheme to help people with mobility problems get around Plymouth.



Planning and the Environment Discussion Workshop Group 2

This workshop will explore ways we can work with the natural and built environment to help reduce social isolation and loneliness. Fleur Powell and Hilary Kolinsky, of Studio Skein, will introduce the principles of Asset-Based Community Development and facilitate a friendly relaxed workshop that asks participants to identify opportunities for developing connection and belonging through our local environment. Creative ideas from our city and beyond will be tabled for inspiration, with Chris Avent, Natural Infrastructure Officer at Plymouth City Council, sharing how Plymouth's natural resources are being harnessed for social, community and health benefits. Participants will be encouraged to contribute ideas that could foster social interaction within community, focusing on the kind of actions that are within all our power (rather than the realm of professionals and experts). Participants can choose to explore a notional urban, sub-urban or rural setting, to identify the (sometimes hidden or latent) community resources that could be activated to reduce loneliness and isolation, improving our neighbourhoods through our own collective and individual efforts. Information and ideas generated from the workshop will be collected by staff from POP who will help summarise these ideas at the end of the conference for presentation by the facilitators. Findings from the workshop will be included in the follow-up proceedings of the conference.

Facilitators

Hilary Kolinsky is Business Manager and Director of Studio Skein (formerly McCaren Design). Hilary has led the charge in the company's transformation to co-operative status. She strives to align Studio Skein with the principles of a New Economy, positioning the practice as an enthusiastic collaborator on creative initiatives for change.



Fleur Powell is an Interior Architect and Director of Studio Skein. She has a professional background in Interior Design alongside two decades in architectural practice. Fleur knows how to work with colour, form and materials to bring a space to life and is always keen to maximise a sense of client ownership and wellbeing to both the design and the process.

Studio Skein is a 100% employee-owned architectural practice, based in Plymouth. Small and agile, the practice has a portfolio that ranges from multi-million-pound housing developments, to high-impact but small-scale community facilities. Guided by their commitment to architecture-with-purpose, they make bold and positive choices to turn constraints into opportunities, creating diverse spaces that respond to the needs of the people and communities who use them. Just like migrating geese flying in a skein; collective strength comes from collaborative effort, with responsibilities and profits shared fairly. And because every employee is invested in the success of the business through collective ownership, they're fully committed to achieving the very best outcomes for clients and their projects too. Studio Skein persistently push for a different kind of architecture - one that proudly reflects their values of integrity, collaboration, and equality, while remaining at the forefront of purpose-led architectural design.

Chris Avent

Chris is Green Estate Manager at Plymouth City Council, where he leads the work that builds value to people and wildlife of green spaces in Plymouth. He is a Chartered Environmentalist with a career built on building stronger connections between people and nature. He says he has been fortunate to work in a range of amazing environments with fantastic people and is now enjoying doing that in Plymouth.



The Natural Infrastructure Team, of which he leads is responsible for promoting, protecting, and enhancing Plymouth's Natural Infrastructure in a manner that delivers maximum benefits for people and nature. The work of the team is delivered through innovative partnerships focussing on community engagement. This work protects and improves the City's network of natural spaces, including large strategic parks through to neighbourhood green spaces with a strong focus on the coastal and marine environment

Andrew Clanfield

Andrew works for Plymouth City Council in Environmental Planning. His role as a Natural Infrastructure Officer involves project management and operations in Central Park. He's worked for the Council for 5 years and before that volunteered with the National Trust and Royal Society for the Protection of Birds. He is passionate about connecting people with nature and making space for wildlife within the urban environment. His background is in music and the performing arts. He is very much enjoying his changed career path in the environment sector.



Health & Wellbeing Discussion Workshop Group 3

Problems of isolation and loneliness often revolve around health issues including people living with dementia and their carers. This workshop will explore disease centred primary care and the NHS vs more holistic approaches to health and wellbeing and look at ways for patients to obtain the benefits of both approaches simultaneously. Issues of men. Many people are living with long-term conditions, in a cycle of medication and GP and hospital visits, often in isolation. This especially includes people living with dementia and their carers. And issues of mental health including eating disorders introduce other kinds of challenges. This discussion group will explore disease centred primary care and the NHS and more holistic approaches to health and wellbeing and look at ways for patients to obtain the benefits of both approaches simultaneously. Good health is about nourishing the mind and the body, being physically active, eating healthily and feeling good about ourselves. This enables us to achieve more of the things we want to do.

The session will be divided into two parts: issues of health and wellbeing that affect the whole population and particular problems associated with dementia. Sam Vaughan and Elena Golder from Plymouth Marjon Health & Wellbeing clinics will lead on problems of relevance to the whole population. Ian Sherriff and Kate Smith will facilitate discussions more specific to issues associated with dementia. While the exhibition in the Ballroom of the hotel will provide knowledge of a wide range of services available, some information may also be on display in the room and we hope to have some social prescribers available to take part in the discussions.

Facilitators Ian Sherriff BEM



Ian is a lecturer and researcher at the University of Plymouth Faculty of Health as its Academic Partnership Lead for Dementia. His work on dementia is recognised regionally, Nationally and internationally. He is an Ambassador for the Alzheimer's Society, National chair of the Prime Ministers Rural Dementia Group, National chair of the Prime Ministers Dementia Air Transport Group, member of the Prime Ministers Challenge Group for Dementia. He is an active member of the British Standards Institute and the International Standards Organisation. Ian is chair of the Plymouth Dementia

Action Alliance. Ian is a trustee of BRAVO VICTOR a research team for Blind Veterans UK. Ian is a Trustee of Blind Veterans UK. During 2021 Ian produced a Dementia Guide for the 10,000 Parish and Town councils in England this was supported by the Prime Minister. Also in 2021 Ian produced a Dementia Guide for every N.H.S dental practise in the UK, this was supported by the Chief Dental Officer. Ian is co-leading a major dementia programme in Uganda, Tanzania and Kenya.

Kate Smith



Kate Smith is a qualified nurse, Social Entrepreneur and Joint CEO of Memory Matters and The Memory Matters Foundation, alongside her sister-in-law Laura Walker. Memory Matters' aim is to enable those affected by Dementia to thrive. Kate has worked in the Statutory Sector, Pharmaceutical Industry, Voluntary & Community Sectors and has a deep understanding of their value to the public and each other. She sits on The Rank Foundation Leaders Action Group.

Memory Matters was founded in 2010 by Kate and Laura. They now lead a strong team of 23 formidable people who make lasting changes to those affected by dementia in the community.

Kate and Laura opened the first high street social enterprise cafe (Moments) specifically designed to support those affected by dementia. Moments Cafe is now in its 5th year and supports the community of Plymouth and surrounding areas. She is often asked

to provide keynote speeches at a local and national level about Social Entrepreneurship, Understanding Impact of Social Projects and is often asked to share the Memory Matters journey to inspire others. Kate has won numerous awards of which the Trevor Jarvis Dementia Excellence Award in 2020, Best Cafe 2018 (Moments Cafe) and Social Enterprise UK Roll of Honour 2020 for services during Covid 19 are most relevant to this workshop.

Sam Vaughan



Sam is Health and Wellbeing clinic manager at Plymouth Marjon University where he coordinates and organizes the delivery of its clinics' His background is in Biology and Sports Therapy and his passion is in helping people manage their long-term conditions such as cancer, chronic pain and diabetes. He aims to get people to take an active role in the management of their health working individually with people but more commonly in groups. Sam recognizes that being part of a group helps to break down the feeling of isolation by providing social contact and facilitates healthy behavior exchanges. While promoting physical activity is important, it

isn't the only aspect to his role, as he and his team give advice and tips on healthy eating, how to get good sleep, long-term goalsetting, stress management and promoting good mental wellbeing. Sam promulgates the ethos of the clinics that good health is about nourishing the mind and the body. Being physically active, eating

healthily and feeling good about ourselves means we can go and achieve more of the things we want to do. Staying in good health is important to all of us and can become particularly important in later years. If you have a health problem or disability there are lots of things you can do to stay as healthy as possible and be as independent as you can.

Elena Golder

Elena has a background in healthcare and education, having trained and worked as an osteopath and a teacher. She is interested in person-centred approaches to self-management interventions for people with long-term health conditions. She is part of the Marjon Health and Wellbeing team, which for over 10 years, has been delivering highly valued and effective person-centred programmes to support and empower people with long-term conditions. She is interested to understand how people engage with group-based interventions: what works for some and not for others and in which circumstances and why. The clinics are set up in the belief that education, self-reflection and social support can improve quality of life. She works with individuals, helping them to manage their condition through community-based, sustainable education and support programmes. The approach is to encourage lifelong health and wellbeing through human connections in groups and a focus on the people, rather than a disease or condition. The flexible person-centred approach means a patient is able to explore and find out what works to support his/her own unique concerns and issues.

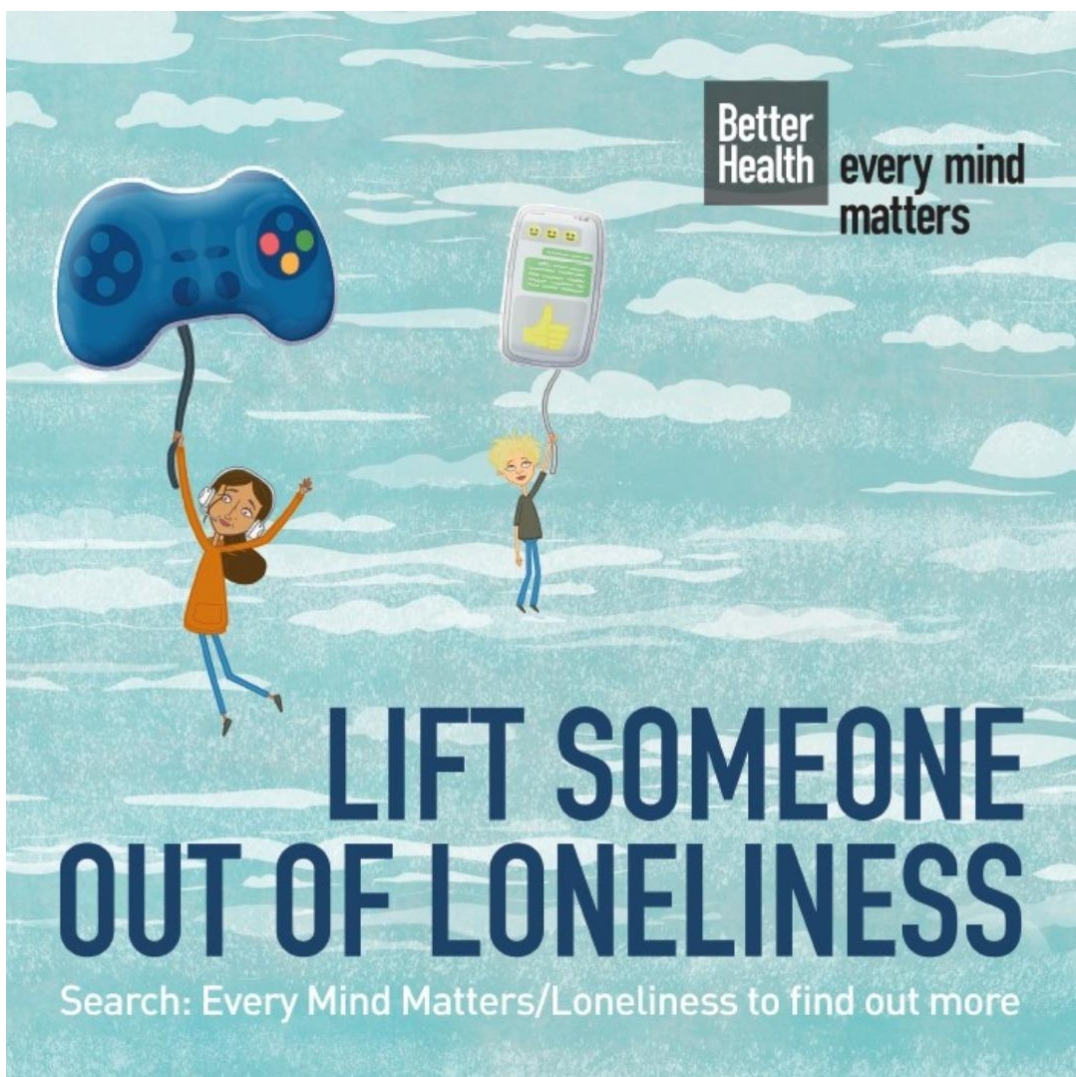


A group session at Plymouth Marjon where people are helped to lead a healthy lifestyle through learning more about physical activity, healthy eating and relaxation strategies. They benefit from many different activities and discussions including walking, swimming, massage, sleep, diet, pain relief, physical activity and exercise.

Young People Discussion Workshop Group 4

This Workshop will explore issues of relevance to young people that may lead to or effect their experiences of isolation and loneliness. Loneliness is often associated with older people, but loneliness can be common amongst young people as well. Recent research suggests that young people feel loneliness more intensely, and more frequently, than any other age group. Most people will experience loneliness at some time in their lives but if loneliness is experienced most or all the time, it can have serious negative effects on health and wellbeing. In adolescents and young adults, loneliness and social isolation are frequently associated with poor mental health and loneliness with poor physical health.

Loneliness can be a risk factor in a range of health issues, including depression, anxiety, substance abuse, and domestic abuse. These problems unsurprisingly have increased as a result of the pandemic. And a survey revealed that nearly a quarter of respondents reported that they had started or increased their abuse of substances, including alcohol, marijuana and prescription drugs, to cope with their emotions. Their experiences during the pandemic put them at risk of developing Covid-19 related PTSD. This is a general problem developing throughout society but felt acutely by young adults. This highlights an alarming trend that the pandemic will have a long-lasting impact on the mental health of young people. Loneliness is an issue that can affect us all, especially in our current times. As part of the Better Health: Every Mind Matters campaign, a spotlight is being put on loneliness.



Facilitators Mike Jarman

Mike has been CEO of the ZONE since 2012. The Zone is a charity operating in Plymouth since 1990 with the objective of supporting young people aged 13yr to 25 yrs. It delivers a range of commissioned services spanning early intervention in mental health, counselling for victims of crime, homelessness prevention & sexual health. The charity works closely with practitioners from Livewell Southwest and University Hospitals Plymouth and is a member of the Plymouth Alliance for working with people with multiple and complex needs. Prior to working at the Zone Mike was a commissioner within Public Health in Plymouth for 16 years, and prior to that he managed a not for profit Theatre & Dance Education company in Athens (Greece).

Jodie Frost

Jodie has worked at the Zone since 2016, she is the Project Lead for Progeny, a service that works in partnership for providing training and development opportunities to all secondary and special schools in Plymouth for supporting the emotional health & wellbeing of pupils and staff. Prior to working at the Zone Jodie held a variety of roles over 12 years in the Southwest, focused predominantly on reducing risk taking behaviour in young people and developing personal development programmes for young people at risk of social exclusion / isolation.

Progeny is a whole-school approach to supporting emotional health and wellbeing across school communities. The service was set up to enable partnerships to be developed and pathways to be formed, to develop capacity and competence to address the presenting needs of students.

As part of the project a 'Young People and Parents Resource Pack' was developed which provides details about a number of local and national organisations that can support young people and their parents. Now entering its 4th year Progeny has become a service which successfully addresses and supports the needs of whole school communities.

Overview of Discussion Group Workshops

Each of the four Discussion Group Workshops will be run in the morning and then repeated after lunch. Because these sessions are interactive their content will differ, depending upon the people who attend the sessions and contribute to it. It therefore would be perfectly acceptable for someone to attend both morning and afternoon sessions.

Each Discussion Group will have a member of staff from POP taking notes throughout the session. These notes will be used by the facilitators at the end of the Conference when everyone will meet and listen to the reports from the various sessions and have opportunities to ask questions. This will now be the start of suggestions and recommendations to be used in the Call to Action

Acknowledgments

The event is being organised by Dr Jan Knight on behalf of Plymouth Social Isolation Forum and Belong in Plymouth with support from staff and volunteers at Knight Scientific Limited, Park Pharmacy Trust, Plymouth Social Isolation Forum and Plymouth Octopus Partnership (POP)

Conference Guide has been written and produced by Dr Jan Knight

The content and structure of the conference has evolved over a period of time. An organising committee was formed from the full membership of the Forum. Ideas for various aspects of the conference have been contributed by members of the committee but it is necessary to acknowledge the considerable input of Carole Hickling who was the original driving force behind the conference and many of the ideas she contributed at meetings have been formalised within the various topics of the Discussion Workshop Groups.

Financial Support to enable this event to be held free of charge has come from the following people and organisations:

Plymouth Octopus Partnership (POP) and Esmee Fairburn Trust
Belong in Plymouth
Devon Community Foundation
Plymouth Argyle Community Trust
Plymouth Marjon University
Wolseley Trust
Plymouth Community Homes
Plymouth City Council
Individual Ward Councillors

The Facilitators, Compère, Keynote Speaker and their respective organisations are described in detail in this Conference Guide. They have all given their time, professional expertise and enthusiasm, free of charge.

The Exhibitors have enriched the conference by providing knowledge of sources of services and ideas for everyone to take away and draw upon in finding ways to alleviate social isolation and loneliness.

And most important, the delegates, who by interacting in the various Discussion Groups with each other and the Facilitators, it is hoped will come up with gems of ideas of how to solve this all-embracing problem of Social Isolation and Loneliness.

This conference must conclude with the start of a **CALL TO ACTION**.

Exhibitors	
Access Plymouth marketing@accessplymouth.co.uk	Community transport and mobility equipment hire for older and disabled people.
Age UK Plymouth tara.dale@ageukplymouth.org.uk	Age UK Plymouth exists to care for and work with older people and their carers in and around the City of Plymouth to improve their quality of life through the promotion of choice, opportunity and independence.
Argyle Community Trust ben.kerswell@pafc.co.uk	Argyle Community Trust uses the prestige of football and the reach of the club to inspire, engage and help people of all ages, achieve their full potential. Argyle Community Trust has a clear vision, along with our national

	partners, to be an active, inspirational and inclusive community hub for the Southwest region. We aim to have a positive impact on a range of groups within society and to provide the local community with the opportunity to explore their full potential, improve their life chances and aspirations through the power of football and Plymouth Argyle FC.
Art Craft & Giggles CIC debbie@artcraftandgiggles.co.uk	We use 'Art as Therapy' to tackle mental health issues, loneliness & isolation. Studio based and online via zoom.
Avazcare https://avazcare.com	An AI based mental health & well-being support system called AMY
Babble (DFSL Ltd) faisal.shaikh@mybabble.chat www.mybabble.chat	Digital Socialization Community to Prevent Loneliness
Elder Tree louise@eldertreebefriending.co.uk	Preventative befriending service that alleviates loneliness and social isolation in the over 50s.
Four Greens Community Trust	Four Greens Community Trust. We support vulnerable people & families, we aim to reduce social isolation, and work toward building greater social equality, cohesion and wellbeing.
Hidden lives Counselling and Support Hub CIC Hiddenlivesplymouth@gmail.com	Community support hub helping those living with Chronic conditions invisible illness and mental illness. Helping combat stigma for these individuals and groups.
Livewell Southwest donnanicholas1@nhs.net	Dementia Assessment Ward for people with Dementia and organic Brain conditions.
Memory Matters CIC shania@memorymatters.org.uk	We trade for public benefit rather than private gain and all our projects and services are designed, developed and built on the needs of those affected by dementia. Moments Cafe is based in the City Centre, and we have community space available for hire. We offer a range of different activities that is inclusive for everyone including people living with dementia. The groups range from, soul singing, knitting and natter, craft groups, model club, tai chi and so much more.
Mindful Art Club emma@mindfulartclub.co.uk	We set up to combat social isolation and mental health issues by using art and relaxation.

<p>Park Pharmacy Trust Jan.knight@parkpharmacytrust.org.uk</p>	<p>Has a museum of items sold in old-fashioned chemist shops. Runs recall reminiscence sessions, educational science-based workshops, and entertains visitors to its museum. Its garden of medicinal plants at Thorn Park Lodge is open to the public all the time, where there are a few buddy benches for people to meet and chat and watch the tadpoles in the pond turn into baby frogs.</p>
<p>Plymouth CityBus www.plymouthbus.co.uk louise.manico@gosouthwest.co.uk</p>	<p>Providing Plymouth and surrounding areas with bus routes operating a modern fleet that provides the local service for customers. We employ around 550 staff and carry over 18 million passengers a year.</p>
<p>Plymouth City Council - Environmental Planning chris.avent@plymouth.gov.uk www.plymouth.ac.uk</p>	<p>Plymouth City Council's Environmental Planning division supports the growth of a healthy, resilient city, inspire stewardship and reconnect us with our environment.</p>
<p>Plymouth Marjon University Health & Wellbeing Integrated Clinics</p>	<p>At Marjon Health and Wellbeing Integrated Clinics we believe everyone deserves to live a healthy, fulfilled life. Whilst many people are living with long-term conditions, in a cycle of medication and GP and hospital visits and often in isolation, it doesn't have to be this way. Our clinics are set up in the belief that education, self-reflection and social support can improve quality of life. We work with individuals, helping them to manage their condition through community-based, sustainable education and support programmes. swimming, massage, sleep, diet, pain management, physical activity and exercise.</p>
<p>Plymouth Mayflower Rotary Club wjwrotary@gmail.com</p>	<p>The Rotary Club of Plymouth Mayflower, chartered in 1997, provides the opportunity for those who share Rotary ideals to meet over breakfast and then to go about their normal daily business.</p>
<p>Plymouth Octopus Project</p>	<p>Building strong grassroots organizations, charities, and social enterprises in Plymouth.</p>
<p>Pride in Plymouth alan.butler@prideinplymouth.org.uk</p>	<p>Pride in Plymouth is a non-profit Community Interest Company</p>

	(CIC). Our principal activities all center around bringing together groups, people and communities to both celebrate, promote and educate people around the diversity and talent that which exists within our local Lesbian, Gay, Bisexual and Trans + communities.
Studio Skein hilary@studioskein.co.uk	Architectural and interior design practice. Studio Skein is a 100% employee-owned architectural practice, based in Plymouth, Devon.
St Luke's Hospice Compassionate Communities adixon@stlukes-hospice.org.uk jeffgoodall@live.com	Compassionate friends support people through bereavement at a series of community cafes within the local area including Launceston and Saltash.
Transforming Plymouth Together ayshea@transformingplymouthtogether.org.uk	TPT work together with churches, other faith groups, the voluntary sector, statutory bodies and businesses to help tackle poverty and inequality in Plymouth.
Wellbeing Hubs danny.phillips@imroving livesplymouth.org.uk	Supporting Health and Wellbeing in Plymouth. Hubs make it easier for you to access information, health and community services.

Contacts for Further Information and to join:

Plymouth Social Isolation Forum and Belong In Plymouth

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