

# Health and Loneliness Roadshows 2015

Research shows that loneliness has a similar negative effect on health as smoking 15 cigarettes a day – and is more detrimental than obesity.



It is also recognised as a major factor contributing to health inequalities.



The impact of loneliness on health and social care services is massive yet there is still no clear strategy in place to tackle it effectively.



Befriending Networks' **Health and Loneliness Roadshows 2015** aim to offer both **practitioners** and **managers** within **health and social care services** across Scotland the opportunity to come together and discuss loneliness.

Coming to all 14 health board areas of the country, the **Roadshows** are **free** 2-hour lunchtime workshops plus a networking half hour at the end, which will provide participants with:

- ❖ research and data on the health impacts of loneliness
- ❖ the opportunity to reflect on how loneliness impacts on their own workload and how they might take simple and effective measures to address loneliness and isolation within their own spheres of influence
- ❖ information on local services currently working to tackle loneliness and ideas for working more closely in partnership with them to provide more efficient, more preventative all-round support

We warmly invite you to attend the Roadshow detailed below. Please confirm attendance by registering through the Training and Events section of our website:

<http://www.befriending.co.uk/health-loneliness-roadshows.php>.

Please note: All Roadshows are free of charge and are CPD certified.

## Dumfries and Galloway Health and Loneliness Roadshow

Monday 8<sup>th</sup> June 2015 – 12.30pm – 3pm

Lecture Theatre,  
Education Centre,

Dumfries and Galloway Royal Infirmary,  
Bankend Road,  
Dumfries DG1 4AP