

# Later Life Newsletter

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Now reaching over 100,000  
individuals and organisations

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### **Combating Loneliness: A guide for local authorities**

The Local Government Association's [Ageing Well](#) programme and the Campaign to End Loneliness have produced a guide for councils interested in taking action at a local level to combat loneliness. [read the guide](#)

### **Is loneliness worse than smoking?**

Professor John Cacioppo, a leading expert in the psychology of loneliness suggests that a sense of isolation can have an immediate, measurable effect on physical health, causing higher blood pressure and stress levels, depressing the immune system, disrupting sleep, and leading to an increased risk of Alzheimer's. [read more about the debate](#)

**Inspired – loneliness campaign** is a programme to get young people inspired to lead campaigns. The latest one is to end loneliness and isolation in later life, raising awareness and helping to end loneliness and isolation amongst older people by meeting older people in the community, organising social events/activities to bring people together and raising the issue in the London community. [learn more and watch the campaign video](#)

### **Transport Solutions for Older People**

The growing ageing population means that there is a continued need to help older people to age well and attain a better quality of life through local services. This Dept for Transport publication is an information resource for local authorities and aims to signpost transport planners to existing resources, information and practices, with examples of tailored solutions around the country. It promotes a range of measures aimed at helping to overcome the transport barriers experienced by older people.

[Transport Solutions for Older People](#)

### **Tackling financial exploitation of elderly people**

Professionals who are in close contact with elderly people could soon be in a better position to spot if they are being financially exploited, for example through a lottery scam or by a deceitful relative draining the bank account, thanks to a pioneering new study funded by the UK Research Councils' New Dynamics of Ageing programme (NDA). [read more about the study](#)

### **New survey to gauge over 55s' attitudes to the environment**

An EnviroSurvey55 will provide a snap shot of current attitudes of older people to environmental issues, such as climate change, in an age of austerity and rising environmental scepticism. It aims to identify difficulties that people over age 55 face in personally taking action to reduce their environment footprint. The online survey will be conducted until 15<sup>th</sup> April 2012, and anyone over the age of 55 can complete it by visiting [www.envirosurvey55.com](http://www.envirosurvey55.com).

### **A short guide to health and wellbeing boards**

Subject to parliamentary passage, health and wellbeing boards will be a forum for key leaders from the health and care system to work together to improve the health and wellbeing of their local population and reduce health inequalities. This DH Guide reports that of 152 local authorities, 138 now have a board. [access the guide](#)

### **Queen's Award puts Diamond Jubilee spotlight on national volunteering achievements:**

Nominations were open from 27 February 2012 for a special award that will mark Her Majesty the Queen's Diamond Jubilee by recognising the work of voluntary organisations throughout the United Kingdom. [read more](#)

### **Over the hill? – the antidote to 'Welly Telly'**

A new short film, entitled 'Over the hill?', aims to raise awareness about the reality of growing old in the countryside. The launch is part of the national Over the hill? campaign being fronted by The Rural Media Company. Funded by the Nationwide Foundation until December 2012 the campaign aims to encourage people to think about their retirement and to plan effectively. Additional campaign materials include a set of eight films depicting good practice in rural older people's services drawn from across England [visit the over the hill? website](#)

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