

# *Precious***time**

Hello  
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Partnerships Officer

# Why are we doing this?

- Loneliness and isolation means different things to different people
- Contact with others
- Working together and the issues we face
- Precious Time partnership



# Precioustime

*Make things happen and feel less lonely*

-  Do you spend more time than you would like to alone each day?
-  Would you like someone to visit you in your home?
-  Would you like to gain more confidence through new or re-established friendships?

Would you like to spend some precious time with others?



To find out about talking to someone regularly, making friends or getting involved in what happens in your local community:

alternatively contact South Gloucestershire on 01454 862356 or email [precioustime@southglos.gov.uk](mailto:precioustime@southglos.gov.uk)



# Precioustime

*Make a difference and get involved*

Many older people feel isolated and lonely with little contact with friends or family. Are you able to give your precious time to make a big difference to another person's life?

The gift of time is important to everyone and a small amount of time goes a long way when volunteering. You will keep an active mind and body, make new friends, share your experiences and discover new skills. If you can spare a small amount of time each week, you could make a huge difference to someone's life and help them to play an active part in their community, share news and views and keep positive and healthy.

We have a range of volunteering and befriending opportunities for people who want to support older people and get involved. To find out more, please call 01454 862356 or email [precioustime@southglos.gov.uk](mailto:precioustime@southglos.gov.uk)

# Developing Precious Time

- Starting with 5 partners
- Development of South Glos wide partnership
- Meeting regularly to develop the Precious Time Strategy

# It's all in a name...

## **Precious Time – a Strategy for Reducing Loneliness and Isolation in South Gloucestershire 2013 – 2016**

# What's happened so far?

- Strategy priority of HWB
- Terms of reference
- Action Plan - 5 main themes

# What does that look like?

- Responding to Individuals
- Knowledge and Mapping
- Developing Support in Communities
- The Environment
- Volunteering
- Continued development of web pages
- Half yearly full partnership meetings

# Some of the work

- Now I'm Retiring Events
- Connecting Downend
- Being Neighbourly Campaign
- Loneliness and Isolation Toolkit

What else? That's up to you because we are all in this together.....



# Thank You

Don't forget we are all in this together

[www.southglos.gov.uk/precioustime](http://www.southglos.gov.uk/precioustime)

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