

Loneliness in later life – key facts for Bournemouth

What is loneliness?

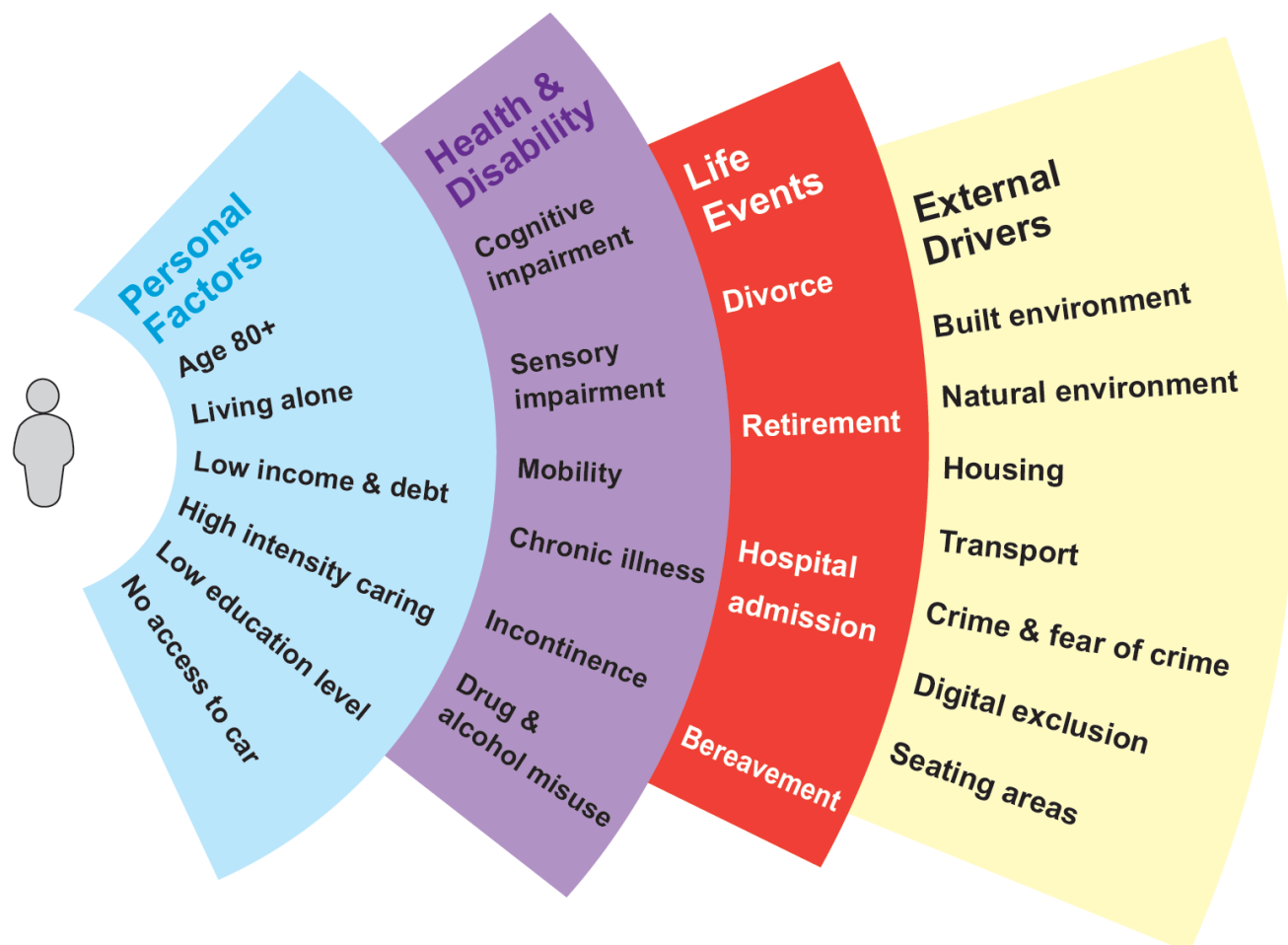
Loneliness is a negative emotion associated with a perceived gap between the quality and quantity of relationships that we have and those we want. It is a subjective experience. It is distinct from **social isolation** which is an objective state – defined in terms of the actual quantity of social relationships and contacts.

Extent of loneliness in Bournemouth

Studies suggest **10%** of people aged 65 or over often feel lonely¹

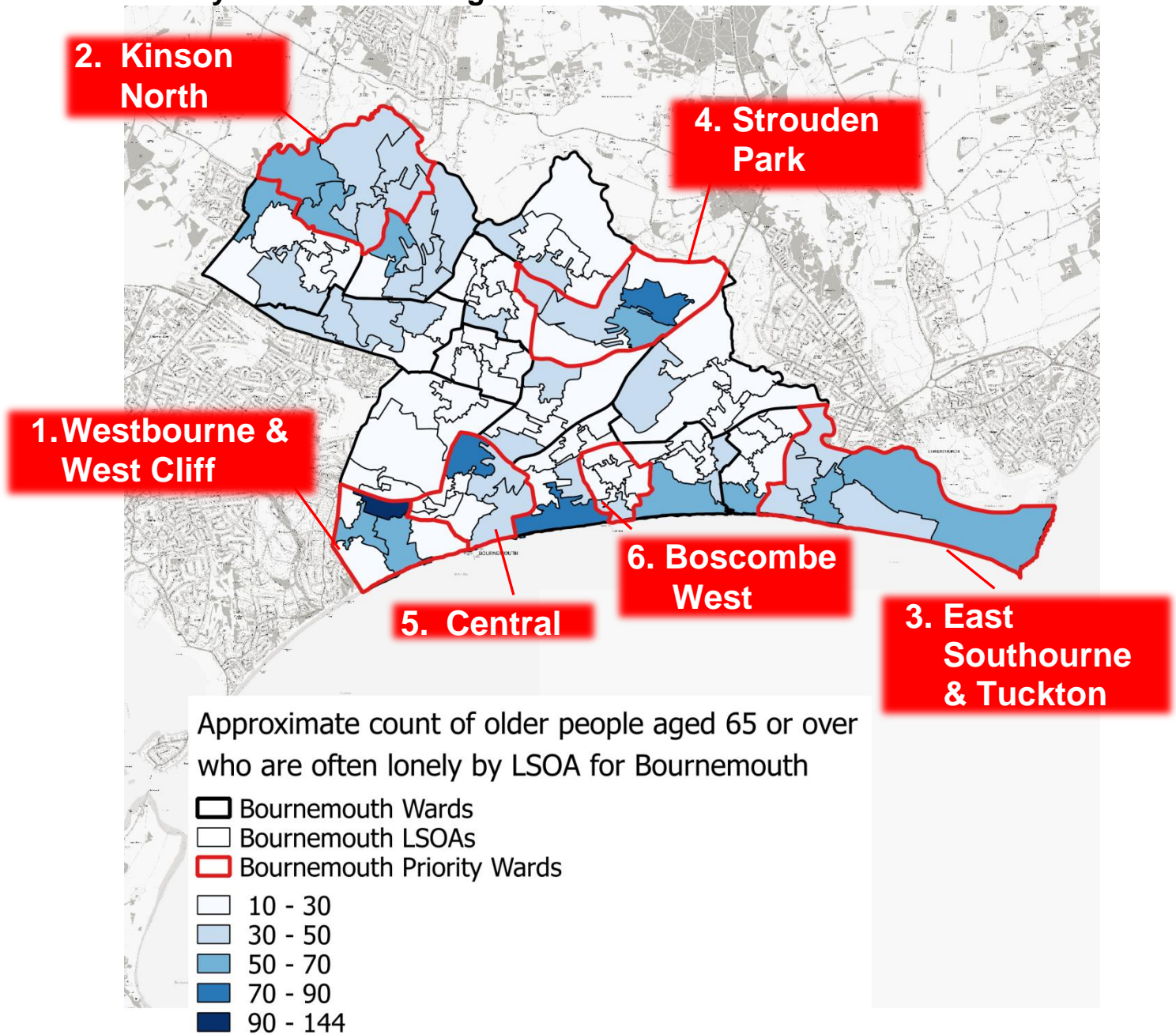
Around 3,600 older people aged 65 or over may often feel lonely in Bournemouth.

Risks of loneliness



¹ Age UK Evidence Review: Loneliness in Later Life (July 2014)

Priority Areas for tackling loneliness



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- 1. Westbourne & West Cliff** – approximate count of **330** lonely older people
 - Highest number in the Borough & ranked 3rd for risk
 - Key risks: widowed; living alone; low car ownership
 - Mitigations: higher income; higher levels of education; & high satisfaction with the local area
- 2. Kinson North** – approximate count of **300** lonely older people
 - High risk and count
 - Key risks: deprivation; poor health & disability; lower levels of education

3. **East Southbourne & Tuckton** – approximate count of **280** lonely older people
 - Low risk but high count due to large older population
 - Key risks: widowed; living alone; providing higher intensity care
 - Mitigations: higher income; higher levels of education; & high satisfaction with the local area
4. **Strouden Park** – approximate count of **260** lonely older people
 - High risk and count
 - Key risks: widowed; deprivation; poor health & disability
5. **Central** – approximate count of **230** lonely older people
 - High risk and count
 - Key risks: widowed; living alone; providing higher intensity care; deprivation; low car ownership
6. **Boscombe West** – approximate count of **150** lonely older people
 - Highest risk in Borough but lower count due to smaller older population
 - Key risks: widowed; divorced; living alone; providing higher intensity care; low car ownership

Ward focus on indicators of risk of loneliness for older people aged 65 or over

By number

	widowed	divorced	single person households	high intensity carer (20+ hours)	long term illness/disability daily activities limited a lot	self reported bad / very bad health	social rented housing	no car in household	no qualifications	who are often lonely	Rank of loneliness count (1 = highest)
Westbourne and West Cliff	860	290	1070	140	490	240	190	850	1030	330	1
Kinson North	680	220	740	200	680	390	320	590	1420	300	2
East Southbourne and Tuckton	980	220	940	180	560	290	80	640	1210	280	3
Strouden Park	600	230	670	160	550	340	440	550	1030	260	4
Central	550	250	840	70	380	210	260	680	690	230	5
Kinson South	480	190	540	180	490	330	380	500	1160	220	6
Redhill and Northbourne	590	190	640	170	500	280	80	480	1220	220	7
East Cliff and Springbourne	560	290	750	110	410	260	280	610	910	220	8
Wallisdown n and Winton West	450	210	560	110	390	230	270	500	960	190	9
Boscombe East	420	190	530	120	330	170	80	460	660	180	10
West Southbourne	510	190	550	100	370	200	210	490	790	170	11
Queen's Park	470	230	560	80	340	180	210	450	710	160	12
Moordown n	410	150	500	90	330	180	120	390	710	160	13
Littledown n and Iford	490	150	480	130	340	210	100	320	750	160	14
Boscombe West	370	240	520	50	240	140	110	450	640	150	15
Talbot and Branksome Woods	490	180	510	110	300	160	100	300	690	150	16
Throop and Muscliff	390	160	460	110	290	140	60	290	720	150	17
Winton East	230	140	320	60	220	110	50	290	440	100	18
BOURNEMOUTH TOTAL	9510	3710	11160	2180	7230	4060	3330	8820	15740	3630	

By percent

	widowed	divorced	single person households	high intensity carer (20+ hours)	long term illness/disability daily activities limited a lot	self reported bad / very bad health	social rented housing	no car in household	no qualifications	Satisfied with their local area as a place to live (all ages)	Rank of risk of loneliness (1 = highest risk)
Boscombe West	31%	21%	55%	4.6%	25%	14%	12%	47%	55%	61%	1
Central	34%	16%	55%	4.5%	25%	14%	17%	45%	43%	88%	2
Westbourne and West Cliff	33%	11%	46%	5.5%	21%	10%	8%	37%	40%	91%	3
Kinson North	30%	9%	33%	8.9%	30%	17%	14%	26%	63%	82%	4
Strouden Park	30%	11%	34%	8.0%	28%	17%	22%	28%	51%	89%	5
Queen's Park	32%	16%	44%	5.3%	26%	14%	16%	35%	49%	81%	6
Winton East	27%	16%	38%	6.6%	26%	14%	6%	35%	52%	80%	7
East Cliff and Springbourne	29%	15%	43%	5.8%	23%	15%	16%	35%	48%	65%	8
Boscombe East	27%	13%	36%	7.8%	22%	12%	5%	31%	44%	86%	9
Kinson South	26%	11%	30%	9.7%	27%	18%	21%	28%	64%	68%	10
Wallisdown n and Winton West	27%	12%	34%	6.4%	24%	14%	17%	30%	57%	79%	11
West Southbourne	31%	11%	37%	6.2%	25%	14%	14%	33%	47%	88%	12
Moordown n	29%	11%	35%	6.4%	23%	13%	8%	28%	50%	88%	13
Throop and Muscliff	27%	11%	33%	7.6%	21%	10%	4%	21%	50%	97%	14
Redhill and Northbourne	27%	8%	30%	8.0%	24%	13%	4%	23%	56%	71%	15
East Southbourne and Tuckton	32%	7%	34%	5.9%	20%	10%	3%	23%	40%	96%	16
Littledown n and Iford	27%	8%	27%	7.4%	19%	12%	5%	18%	41%	96%	17
Talbot and Branksome Woods	27%	10%	30%	5.8%	18%	10%	6%	18%	37%	91%	18
BOURNEMOUTH AVERAGE	29%	11%	37%	7%	24%	13%	11%	29%	49%	82%	

Sources: 2011 Census; Shaping Poole Survey 2015; Bournemouth Opinion Survey 2015; Discussion Paper: Risk of Loneliness among older people in Bournemouth & Poole (Corporate Research Team March 2017)