

# Bromley: Tackling loneliness & social isolation April, 2020



## Loneliness

Over a quarter of care leavers (26%) in Bromley reported they had been 'often or always lonely in the last few weeks: a much higher proportion than their peers in the general population. Bromley prioritised care leavers in their strategic council wide action on loneliness and during lockdown developed a range of online activities to combat isolation.

## Why?

The Bright Spots findings revealed a high proportion of care leavers felt lonely - more than a quarter (26%) had 'always' or 'often' felt lonely in previous weeks – a much higher rate than is reported by peers (10%) aged 16 to 25yrs in the general population.

## What did they do?

The Brightspots surveys were originally commissioned following an inadequate Ofsted inspection. They are seen as an integral part of Bromley's improvement journey and a key way to understand how their young people are really feeling.

The Bright Spots survey results have helped the leaving care service **secure a council property that they will convert into a drop in space for young people** (though plans are temporarily on hold due to Covid-19). During lockdown Bromley prioritised updating their children in care & care leaver website to make it mobile friendly, up to date & go to place for information on activities doing to help tackle loneliness (**e.g. art and tiktok competitions & virtual cooking sessions**, quizzes & young parent group)

The Bright Spots findings have also help **elevate the profile of care leavers across the council:**

*"One example of how Brightspots has helped us: Bromley council has decided to make Tackling loneliness a key priority area to improve the lives of residents. The Council have chosen 3 target groups including Older People, first time mothers and Care Leavers. Our survey has helped us to put this area on the wider council agenda. We will also be part of the Tackling Loneliness Summit the council will be hosting in June. We wouldn't have been able to raise the profile of our kids without the help of the survey. I hope this anecdote will assist in encouraging others to participate".* Head of Service, Children Looked After & Care Leavers

## What difference is it making?

Bright Spots provided an evidence base for extending service and platform to engage partners. It has been an important opportunity for care leavers to shape service delivery.

Bromley will repeat the Bright Spots survey in 2020-2021 two years since last time to see if there have been improvement in how care leavers are feeling.

More info: <https://linkinbromley.co.uk/>



Lockdown Opportunities

**BLACK  
HISTORY  
MONTH**