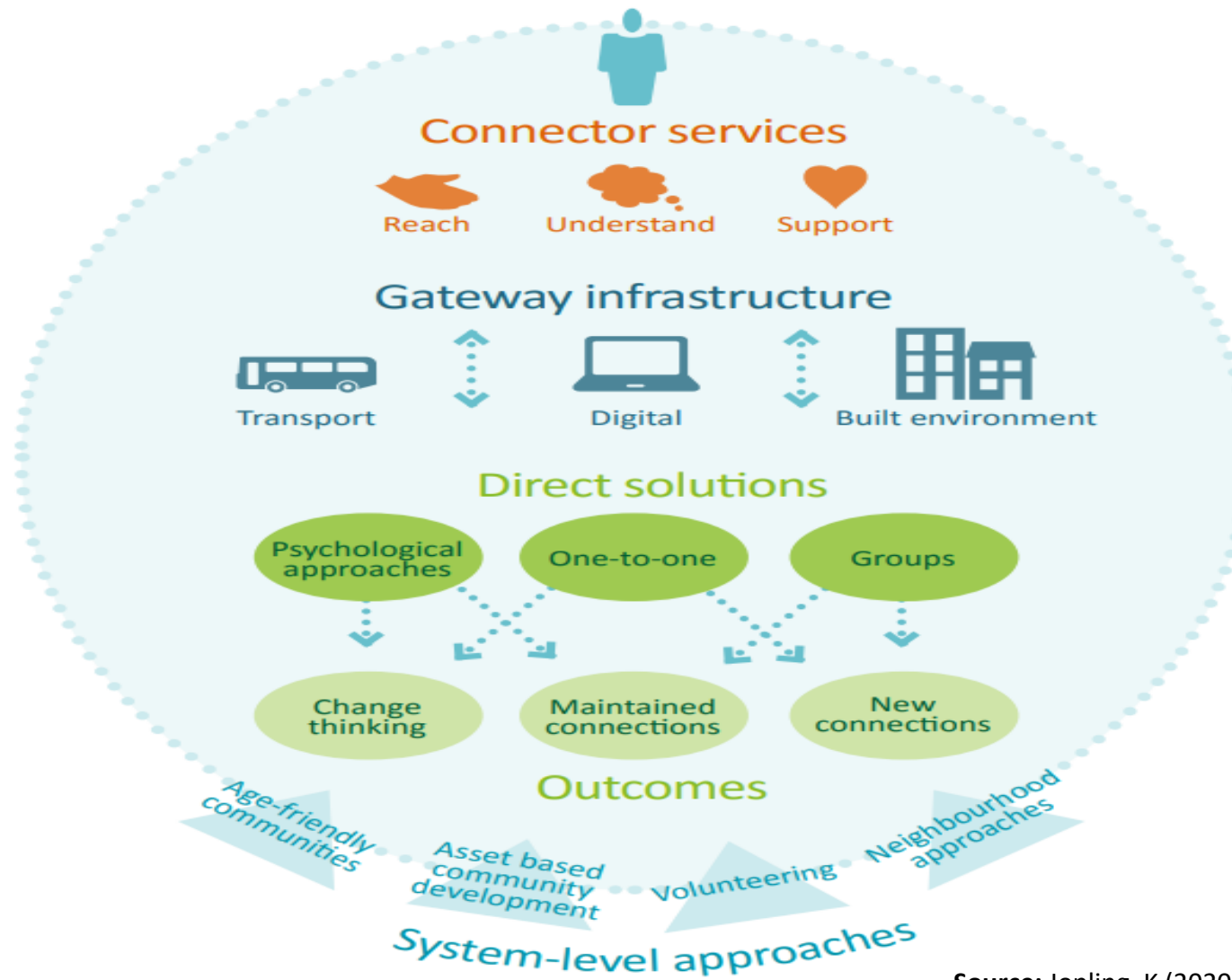


Promising Approaches Framework



Source: Jopling, K (2020) Promising Approaches Revisited, (p14)
https://www.campaigntoendloneliness.org/wp-content/uploads/Promising_Approaches_Revisited_FULL_REPORT.pdf

Loneliness as part everyday human condition



Chronic

Call friends & family

Connect via social media

Public campaigns & messaging e.g. Let's talk Loneliness

Social Prescribing

Community Plus / Community Connectors

Counselling & other mental health support

Peer to peer or group befriending / telephone circles etc.

Befriender Befriendee

I feel lonely but I know what to do to help myself and start to connect with people



I feel lonely and I need a little support to get me back on track



I feel lonely but I am facing major barriers and need help with these to enable me to connect



I feel lonely but I am very vulnerable or my circumstances are too challenging to develop connections myself at the moment



Join or re-join activities at home & work

Get out & about

Nudges or input from friends, neighbours or families & colleagues

Nudges and signposting from generic / other specialist services front line services or adapted support from generic / other specialist services

Bespoke activities or themed groups to foster connection

Peer support

Mentoring / Coaching

Buddying

Local Area Co-ordination