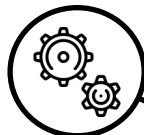


Strength in our relationships



Having good social connections can:

Help you increase your knowledge through sharing experiences



Improve the way you manage existing health conditions



Point you in the right direction for help when you need it



Help you find opportunities to learn new skills and recognise your own strengths



Encourage you to develop good habits, like choosing healthier food or taking an evening stroll

Are relationships important?

Our relationships with the people we know, and our links to where we live, are important because they can have a big impact on our health and wellbeing.

Sometimes called 'social connectedness', the networks we are part of, the spaces we share, our sense of belonging and the support we receive (whether emotional, practical or through information) can all help to keep us well.

Why does this matter?

In many ways, our social strength can be as important as our physical or mental wellbeing.

According to research²⁰, people who have good social connections have been shown to be happier and healthier.

They feel they have more control over their lives and are better able to handle the everyday challenges that come their way.

Strong relationships and frailty - what's the link?

Connecting with others provides opportunities for physical activity and mental stimulation, both of which can have an impact on frailty.

It's also a source of support, both emotional and practical. So, good relationships can help us to manage our own health and wellbeing, now and later.

Finding ways to be with others...

Even though most people agree that connecting with other people can make us feel better, actually doing something about it is not always easy. However, here are three things you can do now, to help change this.

Get together

Try to connect with someone regularly. Even a quick chat on the phone can make a difference.



Volunteer

Those who help others in this way say their physical health, self-esteem and confidence improve as a result²¹.



Join a club or forum

Joining a club or forum is a great way to connect with other people who have shared interests. Are you aged 50+ and would like to influence decisions in your community whilst meeting other people? Why not join the [Derbyshire 50+ Forum](#).





Want to find out more?

Click on the links below:

[5 ways to wellbeing](#)

[Time swap](#)

[50+ Forum](#)

What can health and social care professionals do?

People who work in health and social care can:

Create opportunities for people to make the most of local assets - get to know and let people know about existing programmes that give people a chance to socialise, provide and receive social support, and grow their sense of belonging.

Think about who might benefit - Older people, young adults and people with poor mental health or disabilities may need opportunities to increase their levels of social connectedness. Others may need extra support at certain times of life such as retirement, when they lose a loved one or when children leave home.

4

Four Ways Derbyshire County Council are strengthening our communities

1



Connecting parents

The council has secured funding for a new interactive website to help parents access local groups and arrange to get together. Helping to beat loneliness, manage post-natal depression and build stronger communities.

2



Locality Social Connectedness Programme

We have programmes running in eight areas around the county aimed at building and celebrating social connections in local areas.

3



Time Swap

This scheme connects people with each other based on what they are good at or what they enjoy doing. People earn 'time' by supporting a community member, and then 'cash it in' to get help from other members.

4



Social prescribing

A personalised prescription that helps people focus on what matters to them and connects them to community groups and services for practical and emotional support in their area.