

Social isolation:

What is it?
Who does it affect?
How can we get support during the lockdown?

This week we asked Central West London residents, [“how is the Covid-19 outbreak affecting you?”](#)

Half of the (50%) responses to our survey were connected to social isolation.

This bulletin includes guidance on how to get help from your local council and from community services, how to help yourself and how to help others you are worried might feel isolated.

We also have more detailed information in our [Covid-19 Support and Guidance page](#)



Social Isolation

We are getting used to associating [social distancing](#) and [self isolation](#) to the Coronavirus response.

At the moment, most of us are staying at home, and this is especially encouraged [for those of us who are more vulnerable to catching the virus](#).

Some people in this vulnerable group were already at risk of social isolation: lack of contact with others that can lead to anxiety, loneliness and depression.

For some people, who have no conditions that class them as "vulnerable", social distancing and self isolating are a huge upheaval, which again can prompt feelings of self isolation.

[Staying inside is helping to slow the spread of this virus and is saving lives](#). However, it can also make us feel isolated, and negatively affect our mental health.

Getting help with social isolation from your local council

Firstly, if you are someone who is “extra vulnerable” to Covid-19 (have an underlying condition that might make you particularly susceptible) [please register for support if you have not already](#) (or someone else can do this for you).

If you are self isolating, and need help in Westminster (or know someone else who is) you can [complete this quick form](#) or email westminsterconnects@westminster.gov.uk.

If you are a vulnerable person who needs to self isolate in Kensington & Chelsea, RBKC has a great [signposting and advice page](#) for people who are clinically vulnerable and people in care homes.



Tell us about you



The feedback we receive from local residents helps to shape the information we share and the support we provide. Please do take a minute to answer the two questions about how you are feeling about the outbreak, or email us at info@healthwatchcentralwestlondon.org.

We are still reachable by phone, and you can speak to any member of the Healthwatch CWL team on **020 8968 7049**.

We are on Twitter ([@HealthwatchCWL](https://twitter.com/HealthwatchCWL)) and on Nextdoor (search: Healthwatch Central West London), where you can keep up with our latest news and updates. You can also join our Facebook discussion group to share your views and chat with others.