

CoP Fairness Webinar: Interventions to reduce loneliness among youth

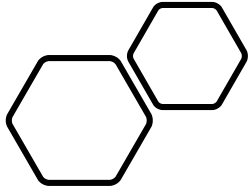
12 may 2022

How the city of Pau tackles loneliness among youth ?

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Presentation of Pau



Pau in a few words

- **An economic hub** : Hub to international companies : TotalEnergies, Safran Helicopters, Air Liquide, etc.
- **A sports hub** : Grand Prix de Pau, Tour de France, Tennis Open, Horse Racing
- **A cultural hub**
- Above all : **A human scale city** that ensures a high quality of life to the inhabitants



The origin of the anti-loneliness plan

- "Loneliness and isolation are the evil of our time" François Bayrou, mayor of Pau
- Strong political ambition
- "We have the unprecedented, new, original and great ambition of creating a plan for human relationships that is considered at the same level of plans for infrastructures, public transport, architecture, and economic development" François Bayrou



A POLITICAL AMBITION, A PLAN DEVELOPED WITH THE INHABITANTS. AN APPROACH BASED ON EXPERIMENTATION WITH A LONG-TERM VISION

29 sept. 2018 Oct-nov 2018 7 March 2019 15 March 2019 April 2019 10 feb. 2020 March 2020.....2021...2022..

Official launching of the plan by our Mayor François Bayrou

Co-production workshops (inhabitants, associations, deputy mayor, city services)

Workshop formalisation

Launch of the first actions plan by our Mayor

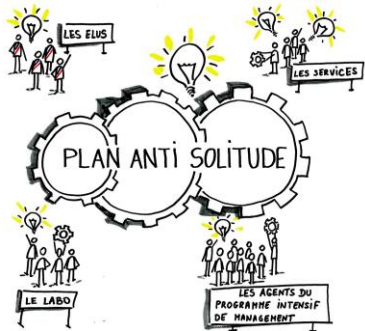
Launch of the 12 key actions and the 4 levers of success

First assessment of the action plan

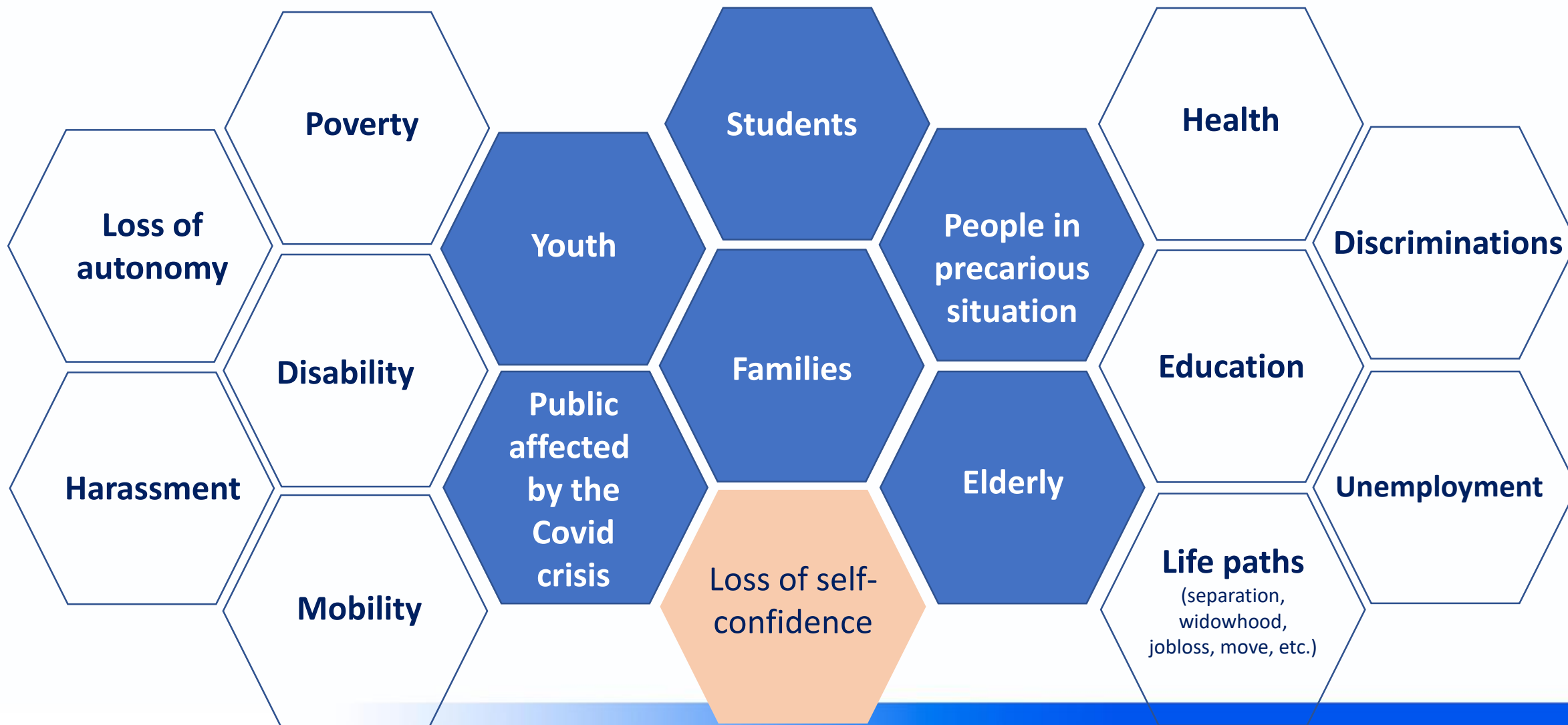
COVID19 Pandemic

Actions plan adjustment
Mutual assistance with shopping, social calls, home delivery of books...
Summer plan (Pau's détente, Pass familles...)
Resto du Soir, Cultur'en bus
Ecoute/accompagnement/Ensemble!

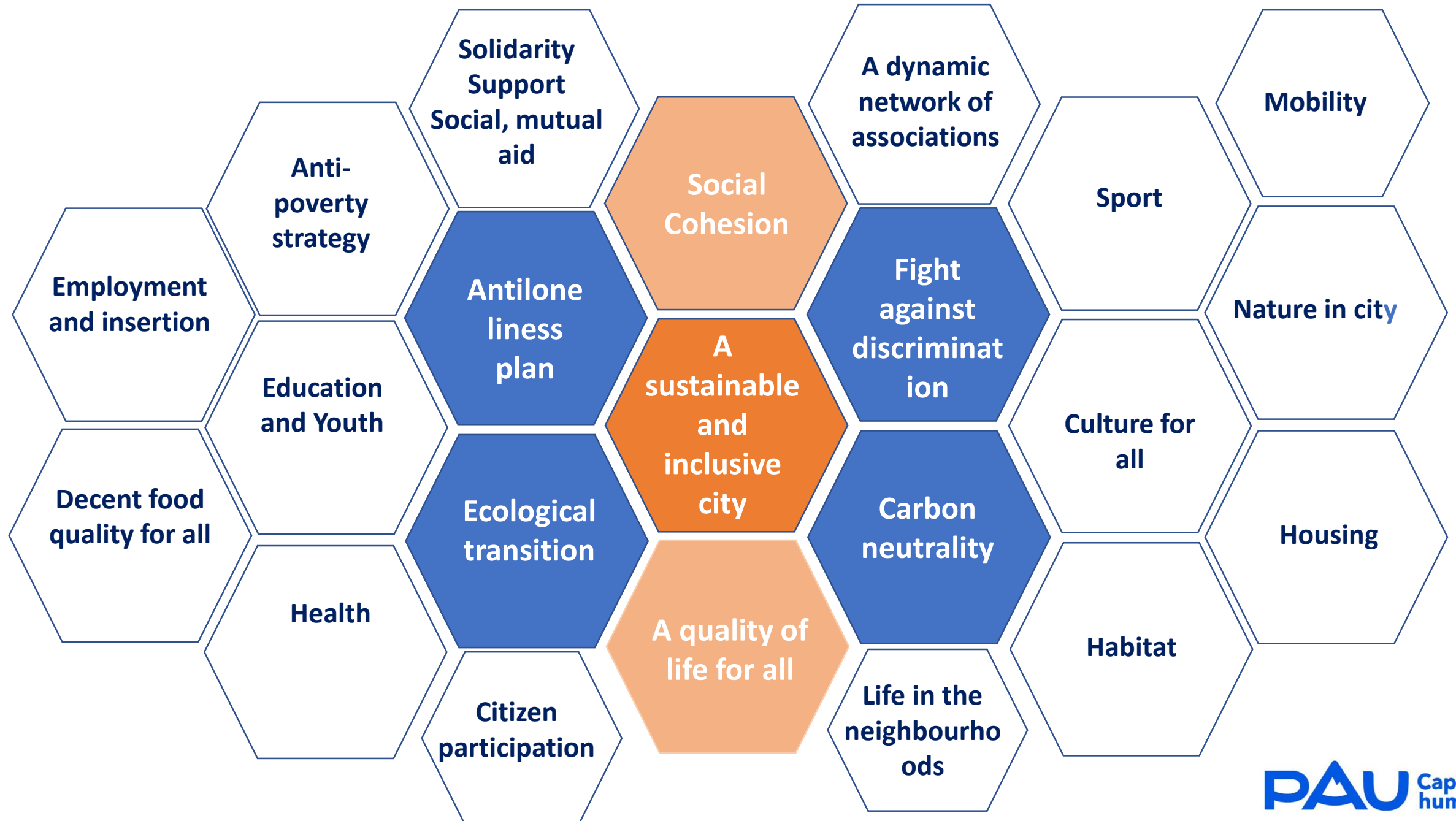
Phase 2
Anti-loneliness plan
Students plan, Pau's et campus détente, scènes au vert, Cultur'en bus, Resto Soir, new governance...



A STRONG AMBITION: TO FIGHT SOCIAL ISOLATION FROM CHILDREN TO THE ELDERLY



MULTIPLE AREAS OF INTERVENTION AT THE CROSSROAD OF PUBLIC POLICIES

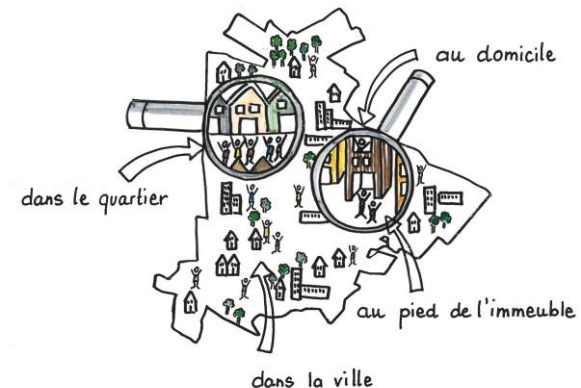


THE 7 PILLARS OF THE ANTI-LONELINESS PLAN



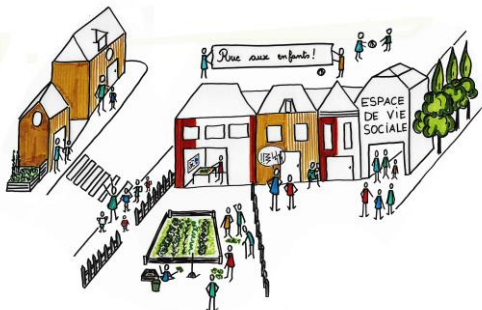
1 - Identify isolated people (all audiences)

2 – To take actions for, by and with (the city, its residents, the players)



3 - 4 levels of intervention (at home, at the bottom of buldings, in the neighbourhoods, in the city)

4 - Solidarity, intergenerational, social mix (together)



5 - Improving the living environment (making everyday life easier for everyone)

6 - Encourage new forms of commitment (volunteer neighbours, occasional volunteering)



7 – Coordinated and up-to-date communication, accessible to all (multi-channel)

THE TERRITORY

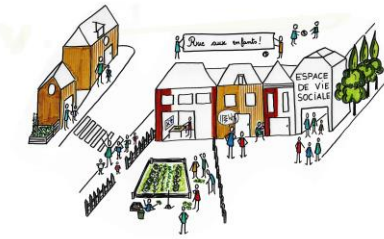
Professional network, associations

Institutional and associative cooperations
(inter-municipality, CD64, Monalisa, CPAM, mutuelles ARS,...)

THE CITY

Reception, information, help)
(cities municipal services)

Leisure activities
(associations, Library, sports clubs..)



THE NEIGHBORHOOD

Solidarity associations

Social landlords

Deputy mayors, Neighborhood manager, city servants

RELATIVES
Partner, family, friends neighbor

Development of the living environment, improvement of the habitat

DWELLING
Letter box, Phone

Shopkeepers medical, hospitals

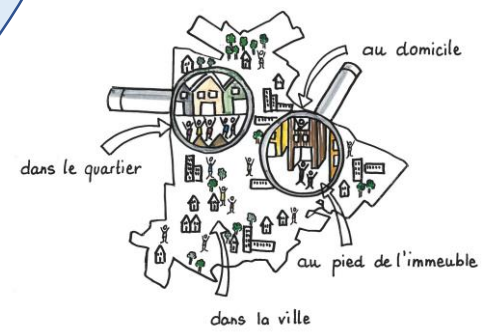
Participation and citizenship

Health

Volunteer neighbours, association

Professionals at home

THE PERSON





Resto du soir (Evening restaurant)

Unconditional welcome (90 peoples on average/evening)

Call for volunteers

Cooking workshops and social support



IMCV (Small investments that change life)

A more pleasant, friendly and shared living environment

Budget 500 K€/year on 6 years

Involvement of residents in site selection



Cultur'en bus

Access to culture for all (surprise destination),
intergenerational.

Breaking of the mobility barrier

2 meetings/month with a dedicated bus



Ecole du soir (Evening school)

(more details below)



Consolidated actions, in evolution.

"ENSEMBL' SOLIDAR-IT", A LOCAL SOCIAL NETWORK PROMOTING MUTUAL AID AND SOLIDARITY

Ensembl'

Free proximity social network

Individual registration and registration available on associations and local stores pages

Self-help boxes in public places

+ one telephone number

06 14 88 85 01

Inhabitants, association



Mutual aid and solidarity



Anti loneliness team



Mutual aid coordination



Objectives :

- Encouraging interaction between residents, in autonomy
- Mobilise and animate the neighbourhood to break the isolation of people of all ages
- Identify situations that require social support
- Informing local residents (in addition to Pau.fr)
- Coordinating local solidarity actors (professionals, associations, shopkeepers)
- Contribute to the analysis of social needs

Solidar-IT

Business Interface linked to Ensembl'.



Identification and support



Connecting residents/neighbours in solidarity/associations



Publications on the local news feed



Identification of volunteers and members for associations

Focus on the anti-loneliness plan for youth

STUDENT PLAN : A response to the health and social situation of students



Every days'needs

- Subsidy to the student social grocery shop
- Transportation from the grocery shop to the Residence U by the student shuttle
- Cookings workshops



Social link

- Over 100 lunches
- 100 timeshares days or stays with families, some of which continued this summer
- 25 timeshares in businesses or companies.
- 30 timeshares in association with "La Navette étudiante"



Activities

- Sport in high demand
- The cultural offer under strict sanitary constraints
- Free bus tickets



Information

- Bus info/generic email address youth service
- Survey on student use

Isolation/harassment of young people :

- Eloquence project on the isolation of young people
- Project "paroles de jeunes" (Social center du Hameau"/accompagnement à la scolarité): workshops to fight against radicalisation
- Support workshops for young people (integration/mediation/employment)
- Student sponsorship via the university of Pau

•Pre-eminent role of associations in direct contact with students

•Importance of reaching out to students, adapting to their way of life and thinking

•Offer of activities to be co-constructed with the students

Focus on the anti-loneliness plan for youth

"L'ÉCOLE DU SOIR", (EVENING SCHOOL) AN INTERGENERATIONAL AND PARTENARIAL PROJECT

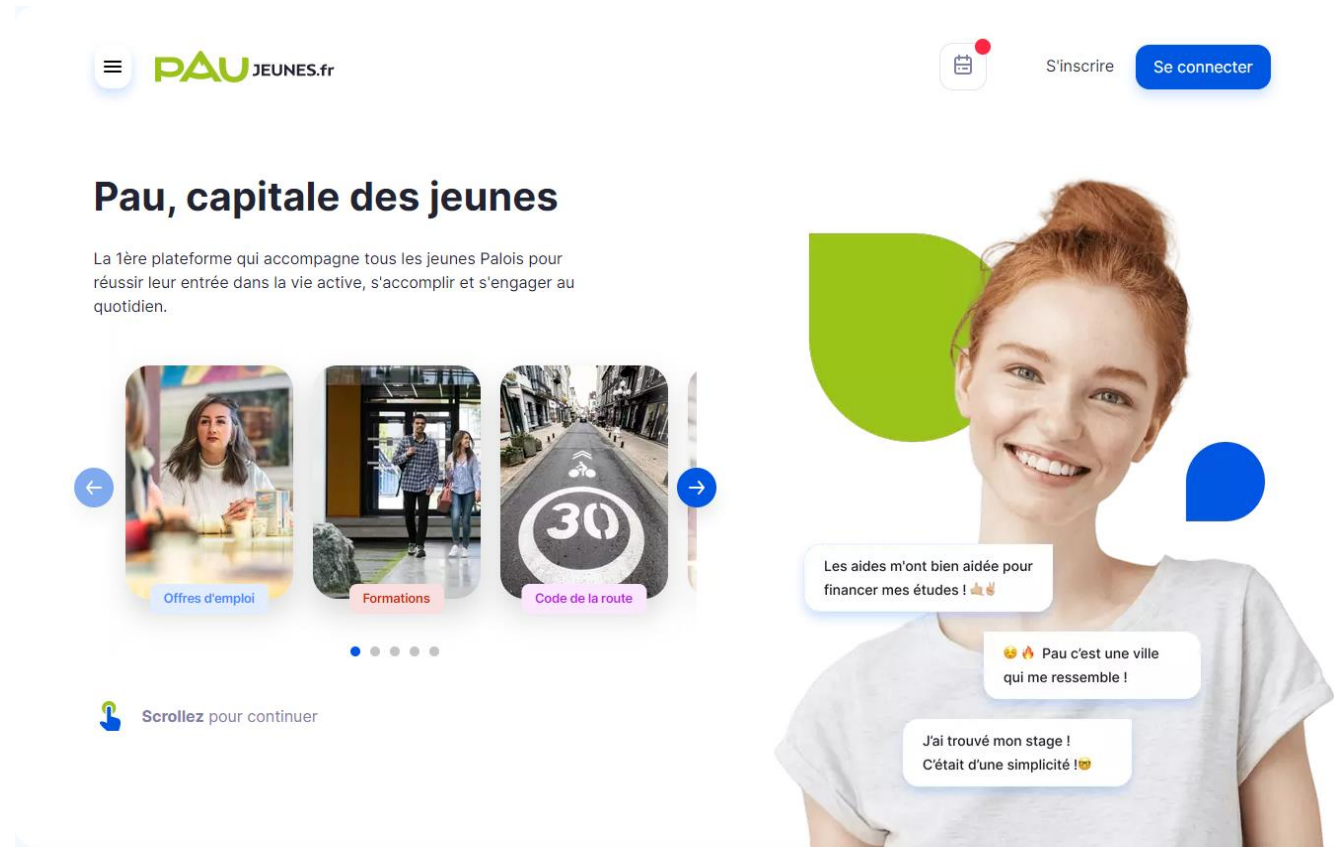
Pitch: On the one hand, there are unoccupied classrooms in the evenings, and on the other, there are people who want to share their knowledge, talents and passions, and others who want to learn a language, an instrument, DIY, etc. The City of Pau offers to make spaces available and to put interested people in touch with each other to exchange and learn together.

- Restoring social links through the transmission of knowledge and passions
- Involvement of residents with coordination by the City of Pau
- A gradual increase in power, in experimental mode (trial and error/adjustment)
- A choice of local places to host PARtageurs (volunteers to share their knowledge) and inhabitants
- A springboard towards associative activities and commitment

Focus on the Pau Jeunes Application

Digital platform for the 16-30 years old that provides services useful for the youth :

- Find a job and trainings
- Be aware of the existing financial aids
- Take the driving theory test for free
- Online courses
- Be aware of the cultural and sports event of the city
- Create synergies between young people and the local associations



Thank you for your attention

If you wish to receive the full anti-loneliness plan presentation, feel free to contact me : p.atlan@agglo-pau.fr