

# Health and Wellbeing



Department for  
Digital, Culture,  
Media & Sport



# Health and Wellbeing

Mobile access improves the wellbeing of individuals as well as connecting families, friends, communities and services.

The project will explore how the use of a mobile network can mitigate feelings of loneliness and social isolation, whilst giving the opportunity to provide health and wellbeing services remotely developing independence whilst, also, supporting cost savings.

## Why Health and Wellbeing?

An outward migration of young people and inward migration of older people, are leading to a rural population that is increasingly older than their urban neighbours. An ageing population with proportionally higher health and social care requirements increases pressure on North Yorkshire County Council's adult social care teams.

Further to this, Public Health England says that loneliness can increase the risk of premature death by as much as 30%, and lonely people are more likely to make emergency trips to hospital. Loneliness is particularly widespread in rural areas. Based on ONS National Wellbeing, May 2019 release 2, 5.6% of the Yorkshire and Humber area experience loneliness often/ always. Whilst, also, older generation tend to experience more loneliness and social isolation.

## Use Case details

The MANY project will develop a 5G network designed to improve access to services and upskill users. This will include exploring the impact on loneliness by improving interaction and supporting remote cases via 5G-enabled video links. The project will further look to address loneliness and wellbeing by leveraging quality and timely social interaction with family, social care service delivery through North Yorkshire County Council and GPs by offering a variety of 5G enabled technology.

## Technology

The use case will examine the use of:

- Video consultations with clinical services
- Use of video to connect remote family, friends and groups

## Outcome

The Health and wellbeing use case will help establish how a robust and reliable mobile network can support the population of rural communities, whilst, also, assisting in reducing costs associated with adult social care teams. This type of activity will help influence government policy on rural connectivity.

## About Us

The project is a Department for Digital, Culture, Media and Sport 5G testbed and trials project. We are exploring the extent that mobile access can connect people and improve lives. The project is set to last until March 2022 and whilst it is working the County Council will be working to assess if and how connectivity can continue past the end date.

Our consortium is made up of several organisations: Quickline Communications Ltd – the lead partner; North Yorkshire County Council (who lead the Health and Wellbeing use case); the Universities of York and Lancaster; Cybermoor; Safenetics; Flo-culture; and Wireless Coverage.

For more information and to become involved with the project, visit [www.mobileaccessnorthyorkshire.co.uk](http://www.mobileaccessnorthyorkshire.co.uk)

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