Research Team, Humber Teaching NHS Foundation Trust

Post room, Mary Seacole Building

Willerby Hill

Beverley Road

Willerby

East Riding of Yorkshire

HU10 6ED

**Tel: (01482) 301726**

**Email: HNF-TR.ResearchTeam@nhs.net**

25th April 2025

To whom it may concern,

**The Measuring Loneliness (INTERACT) study – Hull (and wider HU postcodes)**

Loneliness and social isolation impacts people of all ages and from all walks of life.

The INTERACT study is the largest global study of its kind and aims to create a visual ‘heat map’ of loneliness at a national and regional level, to highlight the scale of the issue.

Information collected might lead to positive action and new ways to support individuals who are lonely and isolated in our area, through further research funding for the development of innovative services and interventions.

The Research Team at Humber Teaching NHS Foundation Trust are working in collaboration with Hull City Council and Imperial College London to Survey individuals with a HU postcode aged 16 years+. To bring the ‘heat map’ to life, we need *at least 10% of Hull’s population* to take part*.* This will be a huge undertaking but offers a fantastic opportunity and potential resource for our local area. That’s why we need a broad base of support, including from you please.

**We invite you to help in the following ways please:**

* Promote the study via your website and e-newsletters, mass email or text messaging, publicise the project and insert a link or QR code to take part.
* Encourage local community organisations and contacts to take part.
* Publicly support the project via the local media, social media, attend an event.

For further information and resources, please see the attached **recruitment pack**:

* A project overview
* Recruitment poster (email us to request printed copies)
* Wording for social media posts and other forms of communication
* Link and QR code

Please direct questions to the Research Team at Humber Teaching NHS Foundation Trust via the details at the top of this letter. We are open to any additional ideas you might have for how we can promote this research and get more people involved.

We can’t do this without you!

Kind Regards,

Michelle Moran

Chief Executive, Humber Teaching NHS Foundation Trust



Caroline Flint

Trust Chair, Humber Teaching NHS Foundation Trust

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Kwame Opoku-Fofie

Executive Medical Director and Consultant Psychiatrist, Humber Teaching NHS Foundation Trust



Cathryn Hart

Assistant Director of Research, Humber Teaching NHS Foundation Trust

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Austen El-Osta

Chief Investigator for INTERACT2, Imperial College London

A blue line drawn on a white background

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Tracy Meyerhoff Director of Adult Social Services, Hull City Council

A close up of a sign

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Julia Weldon Director of Public Health and Deputy Chief Executive, Hull City Council

