

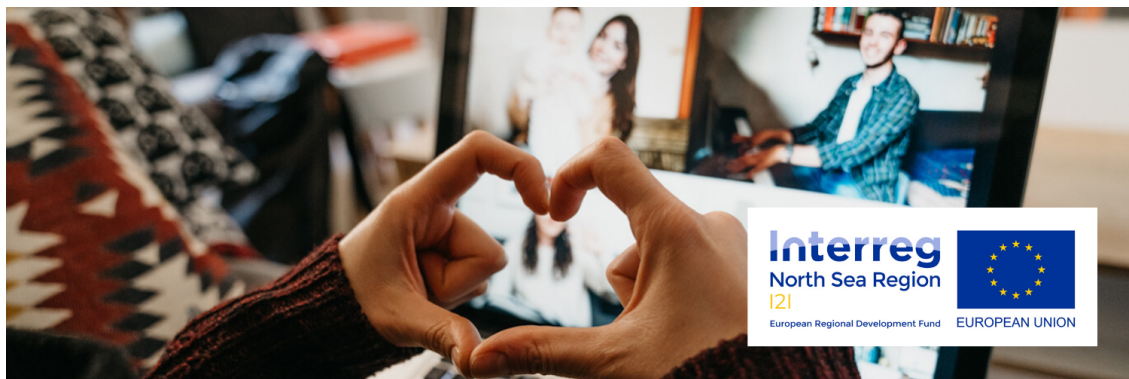
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# From Isolation to Inclusion Spring 2020



## What is I2I?

This is the first newsletter from the Interreg North Sea Region project  
From Isolation to Inclusion – I2I.

We are working to help the public sector innovate in the area of social inclusion. We do this by bringing together academia, municipalities, businesses and the people afflicted by social isolation, to come up with new ideas and solutions together.

From Isolation to Inclusion will improve social inclusion and counteract loneliness in communities and neighborhoods in the North Sea region – making for a happier, more connected region for everyone.

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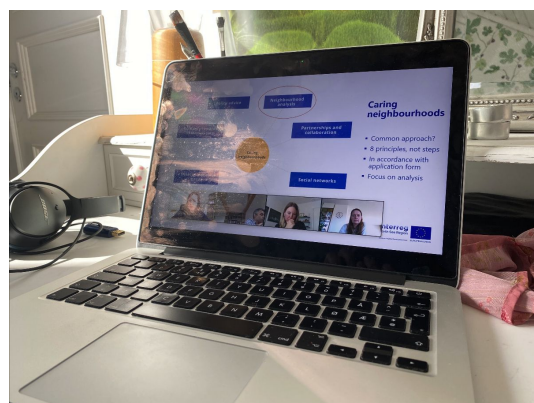
## Innovation for social inclusion

More than 75 million Europeans only see their family and friends once a month or less. Read more on [the background and rationale for the I2I project](#).

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## A good start, against the odds

Our project on social isolation starts up [in the middle of worldwide distancing](#).



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## PhD to participate in I2I project

Henriette Hovland will work with topics concerning the elderly, loneliness and technology.



## First steps in Arendal

From Isolation to Inclusion wants to map the needs of the elderly in Norway's Arendal municipality. In June, the project met with the heads of the home care services.



## I2I in the news:

### Abertay University project will tackle loneliness using virtual reality and computer games.

Says researcher Dr. Paula Forbes:

"In the current Covid-19 climate we are all having a glimpse of what it is like to be isolated, albeit temporarily. We should remember that large numbers of people are socially isolated and lonely even before the restrictions imposed by coronavirus"

[Read more at the Evening Telegraph](#)

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