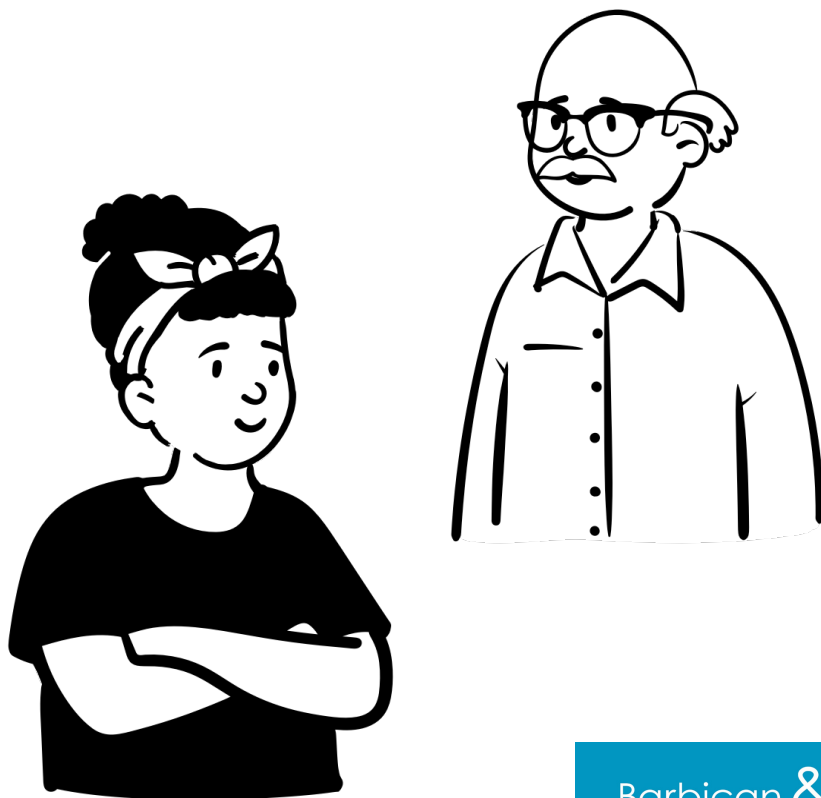


Help us explore a friendlier future

Introducing the Bumping Spaces
project from The Barbican Library,
and how you can get involved



Barbican &
Community
LIBRARIES

Tackling isolation

Long before Covid-19 struck, loneliness has been on the rise. In 2015, Roger Green, a professor from Goldsmiths University, spoke to Golden Lane and Barbican residents as part of his research into the subject.

He found that social isolation was a significant factor for many of the city's residents. Research conducted by The Relationship Project, a research group based in London, also discovered that 2 million adults living in the UK were experiencing chronic loneliness, while 32% of Londoners reported feeling socially isolated.



Quotes from local residents who took part in Roger Green's research in 2015:



"You need a link... people who are lonely or feel different don't come to a group or a meeting"

"I feel a loss of community"

"The next door flats have short lets so I never know who is living there... you hardly ever see people"



"A lot of people do not have computer skills"

"We don't automatically say hello to people"

"There's so much going on that you have to get out and find it... but if you're shy it's hard"

"There are groups (within the community) but I feel I won't fit in"



"Society has changed... used to have back gardens... talk over the fence...too frightened to talk to people now"



Bumping Spaces

As the local community library, we are running a project aimed at exploring ways to spark new connections between people, once Covid-19 has safely passed us.

To guide our thinking we are using the concept of “Bumping Spaces” — an idea Roger Green identified in his research as being a potential way to tackle loneliness and isolation.

“Bumping Spaces” are informal areas, places or moments where people from a community might meet and greet each other. The following page shows examples of what “Bumping Spaces” could be.



Local supermarket



Park bench



Bus stop



Shared lifts, hallways and entrances



Playground



School gates



Takeaway food spots



Public library

The hidden value of Bumping Spaces

Although easily overlooked, these bumping spaces play an important role in helping people build familiarity and form new friendships within a community.

Often these spaces might be the only opportunity a community member might have to see or speak to another person all day. It can be hard to find the confidence to do so, but the simple act of saying hello to someone has been proven to positively impact our mental wellbeing.



Sparking new connections

As we look forward to life after Covid-19, we are exploring ways to use Roger Green's research to increase the opportunities people have to make connections in their communities.

This is something we'd very much like your help with. In our view a healthy community is one where everyone feels welcome to take part so we'd very much like to hear from as many diverse voices as possible.

How to get involved:

We are looking for people to share their thoughts and help us develop ideas around sparking new connections in our community.

We'd love to have you involved in a way that works best for you. This could be a chat on the phone with one of our team, a WhatsApp text chat or a casual Zoom session.

To get involved please either:

- Call, text or whatsapp us on **07898 912131** with your first name and what estate you live or work nearest to (e.g. Barbican or Golden Lane Estate).
- Email us at **bumpingspaces@gmail.com** with your first name and what estate you live or work nearest to (e.g. Barbican or Golden Lane Estate).

Once you get in touch we'll contact you to see when and how it would suit you to be involved.

As a thank you, we will be offering £10 One4All vouchers for people participating - these can be used at thousands of shops including Waitrose, Argos, Boots and M&S.

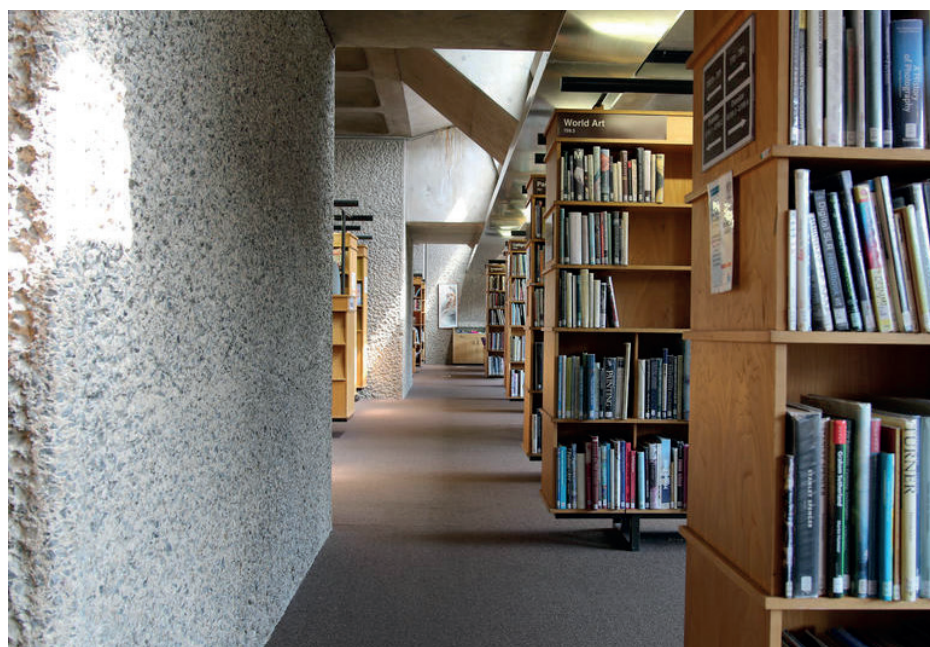


About us

We are the Barbican library - a vibrant public library in the heart of the Barbican Centre with books, spoken word recordings, DVDs, CDs and more.

We also have a dedicated children's library, a music library, graphic novels, a home delivery service, free Wi-Fi, free access to computers and flexible work and study space.

We are open to anyone who lives, works or studies in the City of London, and look forward to welcoming you when the Covid-19 pandemic has passed.



Stay in touch

As this project evolves we will be updating a Google Document with information, if you'd like to see how it's going, go to this website: cutt.ly/Bumping

If you have any questions about the project, please get in touch with us:

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