

## Transcript

### The Hairy Bikers Interviews: Si King on how older people benefit from young people

#### Si King:

You know, older members of our society benefit from interaction with teenagers, because both, you know, loneliness in both elements of our communities is out there and are tangible. But communicating with the senior members of our society, it's there, the proof's there. It works. And it combats that level of isolation and loneliness.

And loneliness isn't about lots and lots of relationships. It's about the quality of a few. Now what Old School has demonstrated is, that we have a lot of quality relationships going on. That combats loneliness. It's as simple as that. We don't need to intellectualise it any more than that. That is what happens. Now it's not rocket science. So give people the opportunity and the infrastructure to do it. Why wouldn't you? It's a civilised society apparently.