



# Ending Loneliness Together

## 1 in 4 Australian adults are lonely

We've all had times in our lives when we feel disconnected and alone. We've seen it in our loved ones, our friends, our colleagues, and in our communities. Loneliness affects everyone at some point in their life. And right now, amid the coronavirus crisis, loneliness is more prevalent than ever. We think it's time for that to change.

Loneliness is related more to the quality of our social relationships than to the quantity, and is typically characterised by feelings of social disconnection (e.g. a feeling that you don't belong, or that no one understands you). Loneliness distorts how we relate to others and disrupts social cohesion in our communities.

Loneliness was already a serious problem in Australian communities before the COVID-19 pandemic began, with some describing it as one of the most pressing public health issues of our time. The COVID-19 crisis has brought loneliness to the fore and serves as a powerful reminder of just how important meaningful social relationships are.

## 1 in 2 Australians reported feeling more lonely since the onset of COVID-19

### Why now?

The public health crisis has led to a significant disruption in our social routines and relationships. Physical distancing restrictions have led to increased feelings of loneliness and are likely to be prolonged for the foreseeable future.

### Who is affected?

Loneliness affects everyone and some groups will experience more chronic levels than others. Young people (18-29) and older adults (65-79) are the most vulnerable to feeling lonely, reporting the highest prevalence out of all the other age groups. People who have physical and mental health conditions remain the most vulnerable.

### What is needed?

Loneliness is a complex health and social issue that cannot be easily resolved. A more informed response, driven by the latest research, is the most effective way to combat loneliness. Simply offering social opportunities to lonely people to get together may not always be effective.

Resolving loneliness requires a multifaceted and coordinated approach across individual, community, and societal levels in order to combat it effectively. At present, Australia lacks a coordinated national response.

### WHAT YOU'LL GET

## Membership benefits

### Becoming a member of Ending Loneliness Together means joining a national collective who strive for real change.

There's room for everyone in our community. We offer membership for organisations and individuals alike to suit your own circumstances.

Ending Loneliness Together members represent the full range of responses to loneliness from social, health and economic perspectives, including support, advocacy, outreach, information, training and referrals.

### News and Information

Receive the latest news, information, activities and events through a dedicated member portal via Ending Loneliness Together's website.

### Resources

Gain access to the latest loneliness research, educational tools, webinar forums, conferences and publications.

### Collaboration

Participate in targeted policy and advocacy working groups aligned to organisational interests.

### Governance

Receive voting rights for organisational members.



### Be an advocate

- Have your feedback represented in advocacy and policy submissions



### See your impact

- Join an impressive group of organisations and individuals passionate about ending loneliness.
- Profile your organisation through Ending Loneliness Together's newsletter and website.



### Make stronger connections

- Connect with colleagues, like-minded organisations and leading researchers.
- Gain networking opportunities.
- Work with Ending Loneliness Together on a loneliness agenda.



### Make real change

- Have a say on future policy direction in Australia's fight to end loneliness.
- Contribute to case studies, the latest research and program outcomes.



### Stay informed

- Access and showcase leading loneliness research and resources.

WHAT WE'LL DO

# Coordinating a national response

Ending Loneliness Together can bring together diverse stakeholders across sectors to unify their understanding and approach to addressing loneliness. We can work together to develop a National Loneliness Strategy that is relevant, feasible, and impactful across all sectors.

**PARLIAMENTARY FRIENDS OF ENDING LONELINESS**

Initiate support for a national response to combat loneliness in Australia.

2021 .....

**NATIONAL OUTCOMES MEASUREMENT FRAMEWORK**

Better support and equip communities and organisations dedicated to addressing loneliness to effectively measure and evaluate program impact, safety and cost-effectiveness.

**NATIONAL COMMUNITY AWARENESS CAMPAIGN**

Increase awareness of loneliness as an issue in the Australian community and empower people experiencing loneliness to reach out and connect with others.

**MEANINGFUL RELATIONSHIP FRAMEWORK**

Facilitate the development and maintenance of meaningful relationships through a framework to promote healthy relationship practices, including trust, empathy, and positive shared interactions.



**WHITE PAPER**

Public launch and release of Ending Loneliness Together in Australia, the first white paper to highlight the growing problem of loneliness in Australia, and its significant impact on the social, health, and economic wellbeing of the Australian community.

**NATIONAL COMMUNITY DATABASE**

Develop a dynamic national database mapping all community programs and services tackling loneliness in Australia, including by program type, location, target cohort and program outcomes measurement.

**LIVED EXPERIENCE PANEL**

Integrate the voices of people with a lived experience of loneliness into the design and delivery of consumer relevant solutions through a lived experience advisory panel.

**1000 VOICES NATIONAL LIVED EXPERIENCE DATABASE**

Establish an ongoing national database documenting the voices of people with a lived experience of loneliness through qualitative interviews and focus groups.

A COLLABORATIVE APPROACH

# Join our community

## Membership Fees 2021

Membership is renewable on a yearly basis. For organisations, fees are calculated according to organisational revenue. For individuals, fees are calculated according to waged or concession status.



Organisation Revenue	Fee (inc. GST)
<b>Organisational Membership</b>	
Under \$1m	\$100.00
\$1 - \$5m	\$250.00
\$5 - \$10m	\$500.00
\$10 - \$20m	\$1,000.00
\$20 - \$50m	\$2,500.00
\$50 - \$100m	\$3,500.00
Over \$100m	\$5,000.00
<b>Individual Membership</b>	
Waged	\$69.00
Concession	\$36.00

**Apply online today**

**Ending Loneliness Together**

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# Working together to end loneliness

Ending Loneliness Together is a national network of organisations who have come together to address the emerging problem of loneliness in people living in Australia.

We are guided by the following four key areas of focus:

**Evidence**

Developing a strong evidence base for measuring loneliness — and finding the most effective solutions.

**Inform**

Giving people the information they need to better understand loneliness and the ways to prevent it.

**Influence**

Influencing government and relevant stakeholders to make meaningful change.

**Awareness**

Raising public awareness and inspiring action.