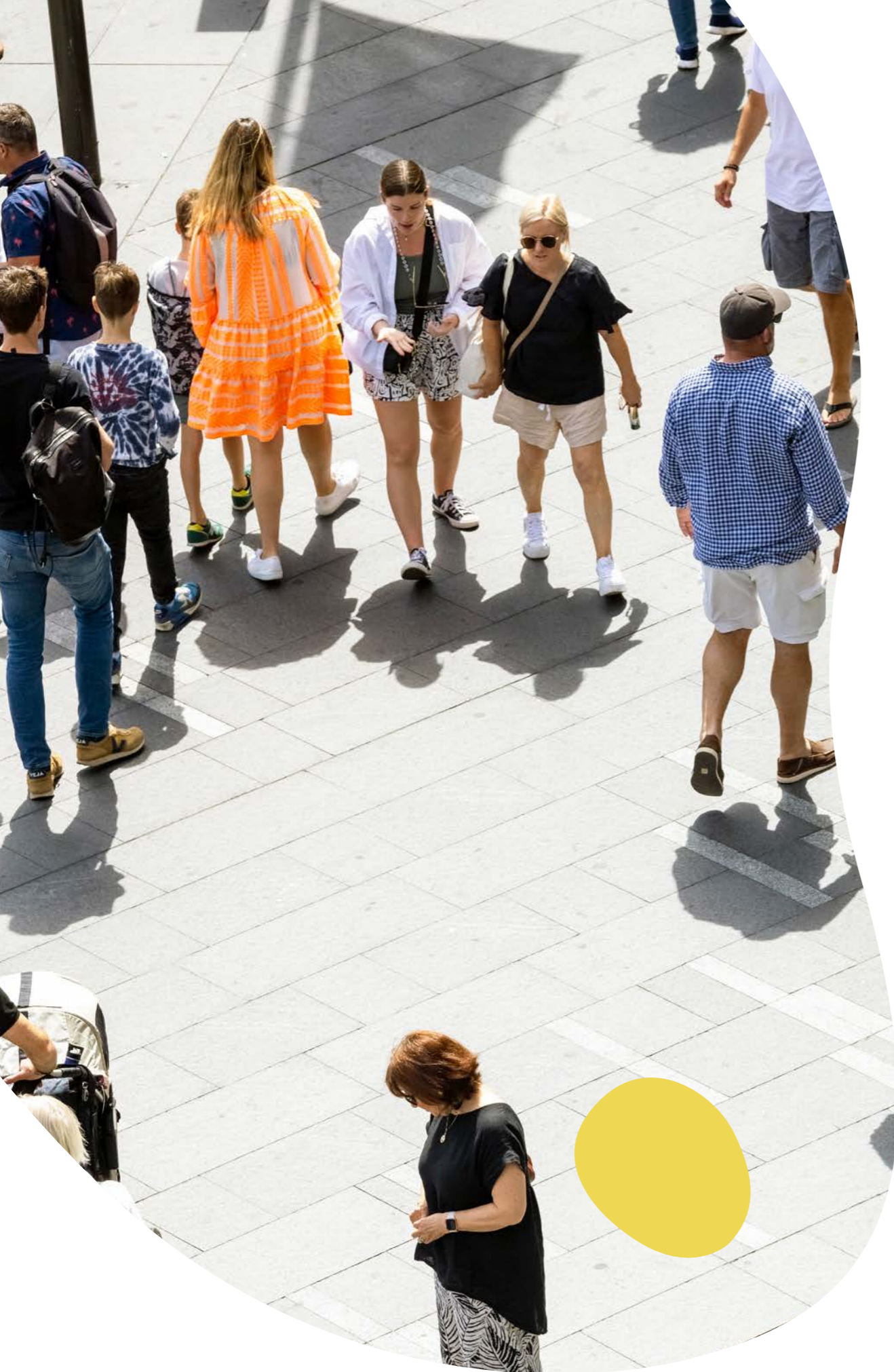


The title 'ANNUAL REPORT' is displayed in large, white, bold, sans-serif capital letters within a large, semi-circular orange graphic that overlaps the top and left sides of the page. The background of the entire page is a high-angle photograph of a busy pedestrian plaza with many people walking in various directions. A yellow circle is partially visible in the top left corner, and a pink circle is partially visible in the top right corner.

ANNUAL REPORT

2023-2024



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1

About Ending Loneliness Together

Ending Loneliness Together was founded in 2016 by a collaboration of established leaders and experts in the field of loneliness, with a vision to create an Australia where everyone feels a sense of connection and belonging.

Now a national organisation underpinned by lived experience, research, community, government and health expertise, Ending Loneliness Together generates research and translates evidence into practical resources and solutions to effectively address social isolation and loneliness.

www.endingloneliness.com.au

Acknowledgement

Ending Loneliness Together acknowledges Traditional Owners of Country throughout Australia and recognises the continuing connection to lands, waters, and communities. We pay our respect to Aboriginal and Torres Strait Islander cultures; and to Elders past and present.

2

Message from Chair



As the Chair of Ending Loneliness Together, I acknowledge the Traditional Owners of the lands on which we operate, paying my respects to Elders past, present and emerging.

The past year has marked a significant period of transition and growth for our organisation. I want to acknowledge the exceptional leadership of Associate Professor Michelle Lim as our former Chair, who has now stepped into the role of CEO. Her dedication and vision continue to strengthen our organisation in this new capacity, and the work of Michelle and our small but dynamic team is the life force of our organisation.

This year brought important changes to the composition of our management committee, whose hard work and dedication I am grateful for. I want to particularly acknowledge Professor Jo Badcock, who served with distinction as our Deputy Chair, making invaluable contributions to our mission before her retirement. This year, we also welcomed Karn Nelson into the role of Deputy Chair and Heath Ducker as Secretary, while Kevin Cheung was reappointed as Treasurer. Professor Ben Smith joined us from the Scientific Advisory Committee, bringing valuable expertise to our governance.

We also welcomed Sue Regan from Volunteering Australia as a new Committee member and said farewell to Katherine Newton of RUOK?.

Our strategic planning event in February 2024 reinforced our commitment to working together with our members through greater collaboration and strategic focus, particularly emphasising our shared mission to halve loneliness in Australia by 2030.

Working together, our focus remains on bridging the gap between scientific research, practice, and policy. We continue to advocate for increased government investment in this crucial mission, push for accelerated research funding, and work towards implementing effective responses through our health and community sectors.

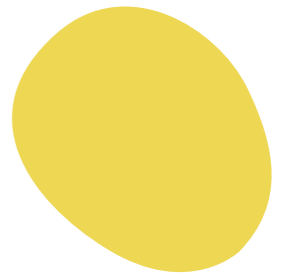
A highlight of the past year was our inaugural Loneliness Awareness Week in August 2023. This landmark event brought together researchers, service providers, the business community, and politicians, all united in their commitment to ending loneliness. This collaborative effort demonstrated what we can achieve when we work together towards a common goal.

The success of initiatives such as our Social Connection Literacy training program and our collaboration with the Victorian Government on social prescribing demonstrates the impact of our evidence-based approach. These achievements reflect the collective effort of our staff, our Management Committee, Advisory Group, Scientific

Advisory Committee, Lived Experience Advisory Panel, and our valued members and supporters.

As we move forward together, our commitment to fostering meaningful connections and supporting vulnerable Australians remains unwavering. I thank everyone for their ongoing support and remain confident that, together, we will continue to build on our strong foundation and work towards creating a more connected Australia.

Nick Tebbey
Chair
Ending Loneliness Together



Message from CEO



The World Health Organization launched their high-level Commission to Social Connection in late 2023, with a focus on repositioning loneliness as a health, social and community issue across the globe. I was honoured to be invited to join the Technical Advisory Group to the Commission. Participation in the Commission allows Ending Loneliness Together to lead the way in bringing new knowledge, practice, and policy recommendations to reducing loneliness and social isolation in Australia.

In the past year, I officially stepped into the role of CEO of Ending Loneliness Together, alongside becoming an Associate Professor at the Prevention Research Collaboration, Sydney School of Public Health, the University of Sydney. These roles reflect a new partnership with the University of Sydney and aligns with a central pillar our work: generating evidence-based research, practice, and policy.

A key example of that work is that we developed and launched the State of the Nation report on Social Connection in Australia. The report was launched as part of our inaugural Loneliness Awareness Week, which was a massive success, generating 211 million media mentions in just 7 days. In addition, we also launched Ending Loneliness Together's first research symposium, which featured upcoming early career researchers from across Australia.

In 2023, we introduced a new partnerships role to help us to build capacity and to develop working relationships with like-minded and shared value partners. We also continued to work closely with state governments and our international partners on projects focused on reducing loneliness.

Ending Loneliness Together continues to be focused on assisting organisations to do the best work they can on the ground – and we continue to advocate for funding to grassroots organisations and to vulnerable communities.

However, we will need the help of our members and partners to work with us as we continue to ask the Federal Government to invest and scale strategies that the evidence shows to be effective in addressing loneliness. Real change can come from our collective voices, and we are only stronger together. We believe all Australians deserve to live in a world where they feel they belong.

Associate Professor Michelle H Lim
CEO & Scientific Chair

AWARENESS

Australia's first Loneliness Awareness Week 2023

211M
IMPRESSIONS

12 Days of Connection Holiday campaign

11000
IMPRESSIONS

COLLABORATION

107
MEMBERS

62
ORGANISATIONS
20 NEW

45
INDIVIDUALS
6 NEW



LIVED EXPERIENCE ADVISORY PANEL (LEAP)

4
PARTNERS



RESEARCH



Australia's first State of the Nation Report surveying over **4,000** Australians



Older persons project in collaboration with Bolton Clarke results **due early 2025**



Research symposium at Prevention Research Collaboration, The University of Sydney

SUBMISSIONS



Federal Government 2024 Pre-budget submission



Submission (written and verbal) on inquiry into Loneliness and Social Isolation ACT.



Social Connections Competency Framework proposal to Federal Government

Standing Committee on Education and Community Inclusion's Inquiry into Loneliness and Social Isolation in the ACT

RESOURCES

40+
WORKSHOPS
DELIVERED

62K
WEBSITE
VIEWS

5+
CONFERENCES/
PRESENTATIONS

ENDING
LONELINESS
DIRECTORY

x6
TIPSHEETS
1500
DOWNLOADS

11K
VISITS

1659
LISTINGS

MEDIA

190K
Social Media Impressions
(35% increase from last year)

1200
New followers on Instagram,
LinkedIn, FB and X

x26
Media interviews across
print, radio, TV and online

ADVOCACY MEETINGS



The Hon Connie Bonaros



Zoe Daniel MP with members, Chatty Cafes & Neighbourhood Houses Victoria



The Hon Andrew Giles MP



The Hon Ged Kearney MP with member, Neighbourhood Houses Victoria



The Hon Dr Andrew Leigh MP



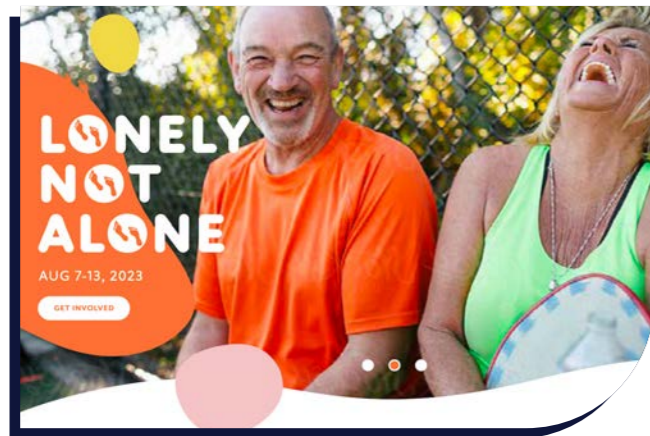
The Hon Emma McBride MP

2023-2024 Highlights

Awareness

August 7 - 13

Australia's first Loneliness Awareness Week- Lonely Not Alone



With support from our partners and members, Ending Loneliness Together launched Australia's first Loneliness Awareness week between 7 - 13 August.

The inaugural theme, **Lonely Not Alone**, focused on portraying three main messages we wanted Australians to understand about loneliness:

- Loneliness affects people from all walks of life
- You can be surrounded by people and still feel lonely
- If you do feel lonely, you don't have to go it alone, there are services and support available

2300

conversations started
(how many times ELT, loneliness, #LonelyNotAlone and #LonelinessAwarenessWeek was mentioned or tagged)



2500

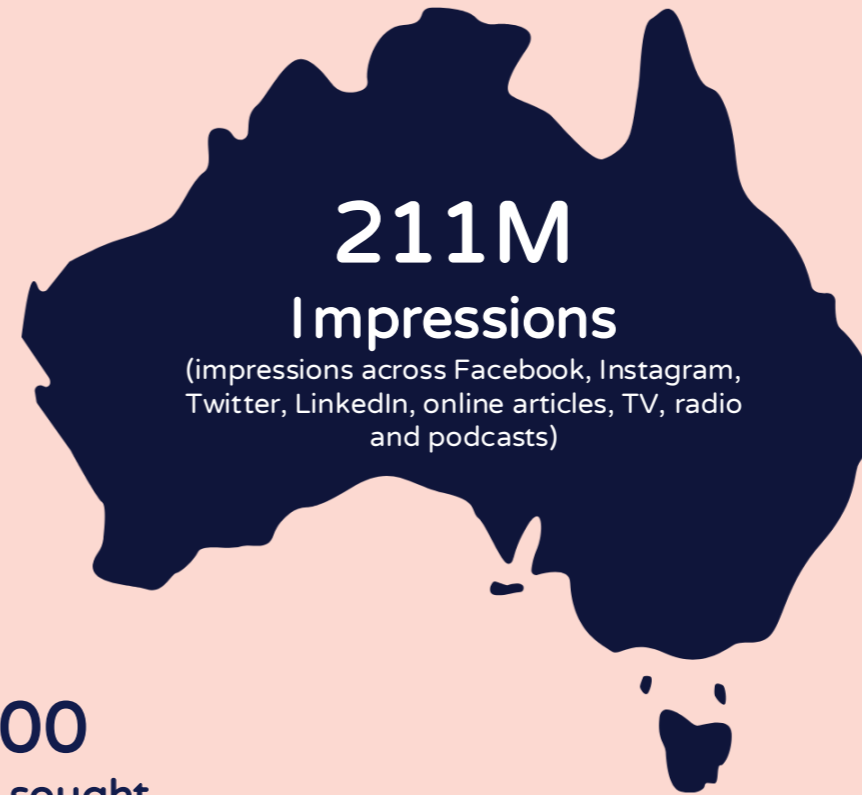
people sought connection
(by visiting our National online directory after seeing the campaign)



5000+ people visited the website
(to learn more about loneliness and engage with the week)

211M Impressions

(impressions across Facebook, Instagram, Twitter, LinkedIn, online articles, TV, radio and podcasts)



Hundreds of people were inspired to share their experience

(via social media, particularly on Instagram stories, which helped people feel less alone in their experience and broke down the stigma that only older people experience loneliness)



1000 downloads

(of our report, tipsheets, training, communication toolkit)

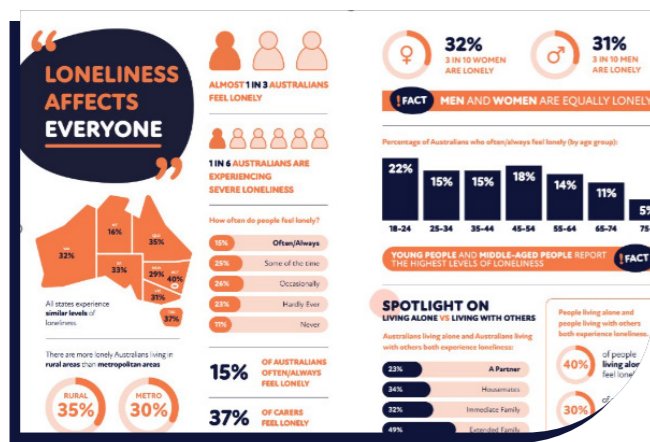


Snapshot of LAW Campaign

Research

August 2023

Australia's first State of the Nation Research Report



Insights from over 4,000 people aged 18-92 years old provided a snapshot of Australia's understanding and experiences of loneliness and social isolation.

The report noted that almost 1 in 3 Australians report loneliness at any given time and 1 in 6 Australians report severe loneliness. Unfortunately, Australians also reported many misconceptions about loneliness and actively conceal their loneliness due to shame.

November 2023

Hosting our first Research Symposium in Sydney



The Ending Loneliness Together Scientific Advisory Committee (SAC) welcomed over 60 participants to Ending Loneliness Together's first face-to-face research symposium. This symposium provided an opportunity to showcase loneliness and social isolation research. The symposium was opened by Ms Catherine Lowrey Commissioner, NSW Mental Health Commission followed by a keynote address from Dr Hugh MacKay AOM.

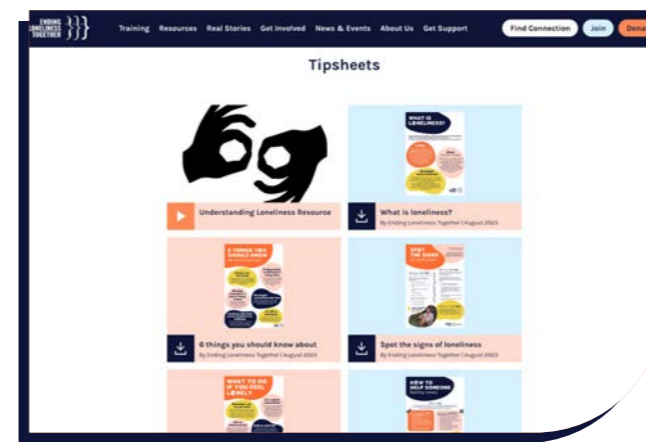
Nine researchers presented their work covering topics such as the social and economic impact of loneliness and social isolation and addressing loneliness and social isolation across the lifespan.

The event also showcased the collaboration between Ending Loneliness Together and Prevention Research Collaboration, Sydney School of Public Health, The Charles Perkins Centre, University of Sydney.

Resources

August 2023

62,000 website views (32% increase from last year)

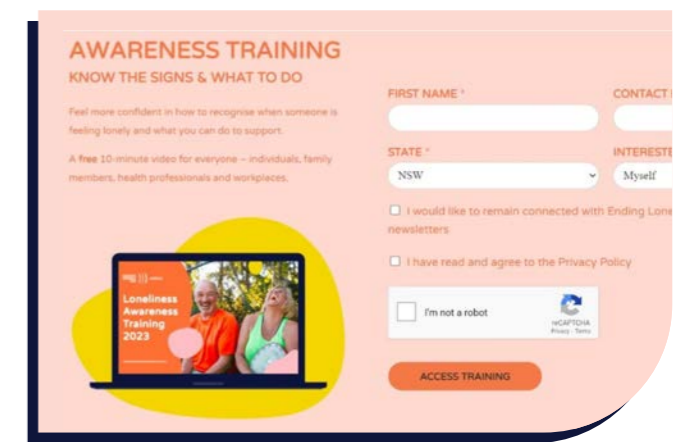


A new suite of tipsheets received 1500 downloads across the year. The most downloaded were 'What to do if you feel lonely' and 'How to help someone who is lonely'.

- What is Loneliness?
- Six things you should know about loneliness
- Spot the signs
- How to help someone who is lonely
- What to do if you feel lonely
- Talking about loneliness and social isolation

August 2023

Free Loneliness Awareness Training Video



Free 10-minute downloadable training to help people recognise the signs of loneliness and provide support. Viewed 770 times.

Advocacy

August 2023

Meetings



Meetings held with government officials and leaders, including The Hon Connie Bonaros, Zoe Daniel MP, The Hon Andrew Giles MP, The Hon Ged Kearney MP, The Hon Dr Andrew Leigh MP, and The Hon Emma McBride MP.

Ending Loneliness Together is advocating for a national strategy to coordinate our response to address loneliness and social isolation as well as the development of an Australian Loneliness and Social Isolation Competency Framework. This would support Australia to have an evidence-based, consumer relevant, and implementable framework that has a maximum impact including cost-effectiveness.

August 2023

Parliamentary Friends of Ending Loneliness



To coincide with the launch of Loneliness Awareness Week, Parliamentary Friends of Ending Loneliness hosted a breakfast event at Australian Parliament House.

Attended by over 40 sector leaders and politicians. Speakers included academics, partner organisations, members and people with lived experience.

Submissions

August 2023

Federal and State Advocacy



Federal Government 2023 –2024 Pre Budget-Proposal.

Submission on inquiry into Loneliness and Social Isolation ACT Standing Committee on Education and Community Inclusion’s Inquiry into Loneliness and Social Isolation in the ACT.

National Strategy and Competency Framework proposal to Federal Government.

Collaboration

Ending Loneliness Together is unable to achieve its aims without the support and collaboration of others.

Some of the collaborations throughout the year have been:

- Frasers Property
- AIA
- Bolton-Clarke
- Medibank
- University of Sydney
- Wicking Trust
- Equity Trustees
- Mindframe
- Wallis Social Research
- Victorian Social Prescribing – Wellbeing Promotion Unit, Victorian Department of Health
- World Health Organization
- Global Initiative on Loneliness and Connection

Training through collaborations



Social Connection 101 and Social Connection skills training was delivered throughout the year by Ending Loneliness Together training lead Dr Robbie Eres.

This included to Department of Health Victoria Social Prescribing trial sites and the Department of Human Services South Australia Community Connections providers.

“ I thought the format was clear and easy to follow. A key aha moment for me was when strategies to addressing loneliness and social isolation were framed as either quality or access. This made a lot of sense and was a helpful way to consider our programs objectives.”

ATTENDEE

“ Brought together research and lived experience in a framework that is accessible and practical.”

ATTENDEE

“ Amazing content and really got me thinking about the different ways social isolation and loneliness shows up. Very interested to learn more about some of the models and research used in this presentation and apply it my practice.”

ATTENDEE

“ Understanding the differences between social isolation and loneliness.” “Was informative and easy to understand.”

ATTENDEE

“ Loved the references to research, was evidenced based, clear messaging that flowed well and was easy to understand. This has provided resources which are foundational to the work.”

ATTENDEE

6

A Spotlight on members

Our members share our vision to create a more meaningfully connected Australia. We bring likeminded people and organisations together through our membership to share ideas, knowledge and solutions that progress our joint effort to reduce loneliness in Australia.

We asked some of our members to share their experience as an Ending Loneliness Together member.



Inclusee

“Inclusee is proud to be a member of ELT, as we deeply value the opportunity to work alongside other community organisations sharing our passion for creating safe, welcoming opportunities for people to connect, share, and learn together. Strong collaborative practices helps us tackle social isolation and loneliness more effectively.”

RACHAEL COOK
CEO



Griefline

“Griefline joined Ending Loneliness Together to highlight the profound connection between grief and loneliness. Through this partnership, we amplify our message and create opportunities for meaningful conversations that strengthen community bonds and foster deeper understanding, ensuring that no one feels isolated in their grief.”

KATE CAHILL
CEO



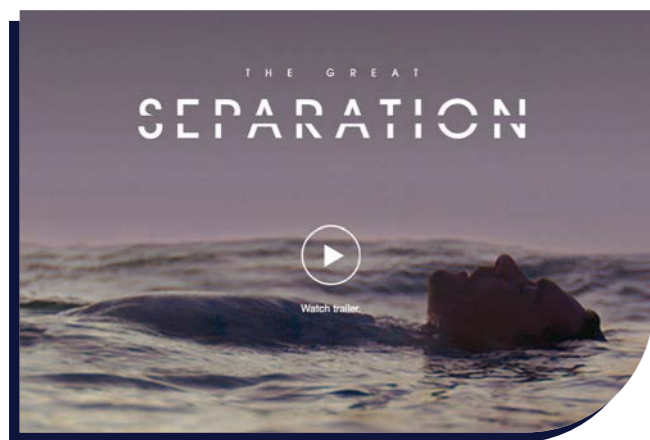
Open Support Community Connections Program

“Open Support Community Connections Program engages individuals to break the cycle of loneliness. The membership with ELT is vital in staying in touch with, and contributing to, research to be part of the solution to support growth and opportunity of this sector in Australia. We look forward to continuing our long-term membership.”

NATHAN NUTE
COMMUNITY DEVELOPMENT MANAGER

Collaborating to make a difference

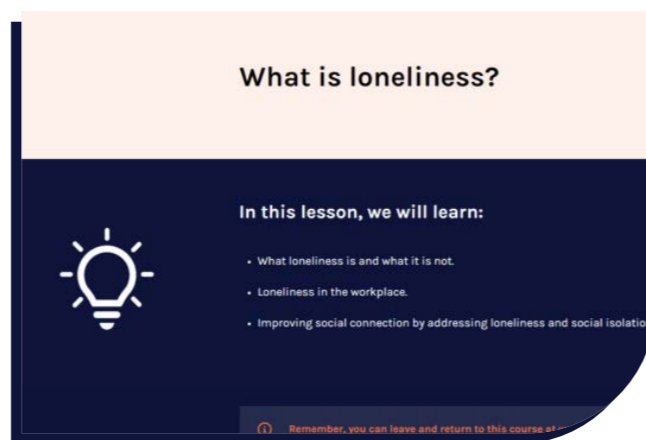
The Great Separation Documentary The Great Separation



The Great Separation is a ground-breaking social insights documentary that follows protagonist Joey Fry on his journey to understand loneliness and connection, guided by experts along the way.

The film has been created with the directorial oversight of award-winning filmmaker Shannon Swan and cultural observer Simon Hammond. It is available on SBS. Frasers Property produced the documentary and worked closely with Ending Loneliness Together for advice. Associate Professor Michelle Lim participated and supported the launch of the documentary.

Addressing Loneliness in the Workplace



AIA and Ending Loneliness Together have been partners since 2021, working together in a shared-value agenda to raise awareness, reduce stigma, educate the community and develop the tools to reduce the negative impact of loneliness on Australians' health and wellbeing, communities and workplaces.

This year we have been working together to develop a corporate awareness program that will support understanding and encourage connection in the workplace. This will be launched in 2025.

Emerging areas of work

- Workplace Training
- Tools to support the aged care workforce to recognise and respond to loneliness

The year ahead . . .

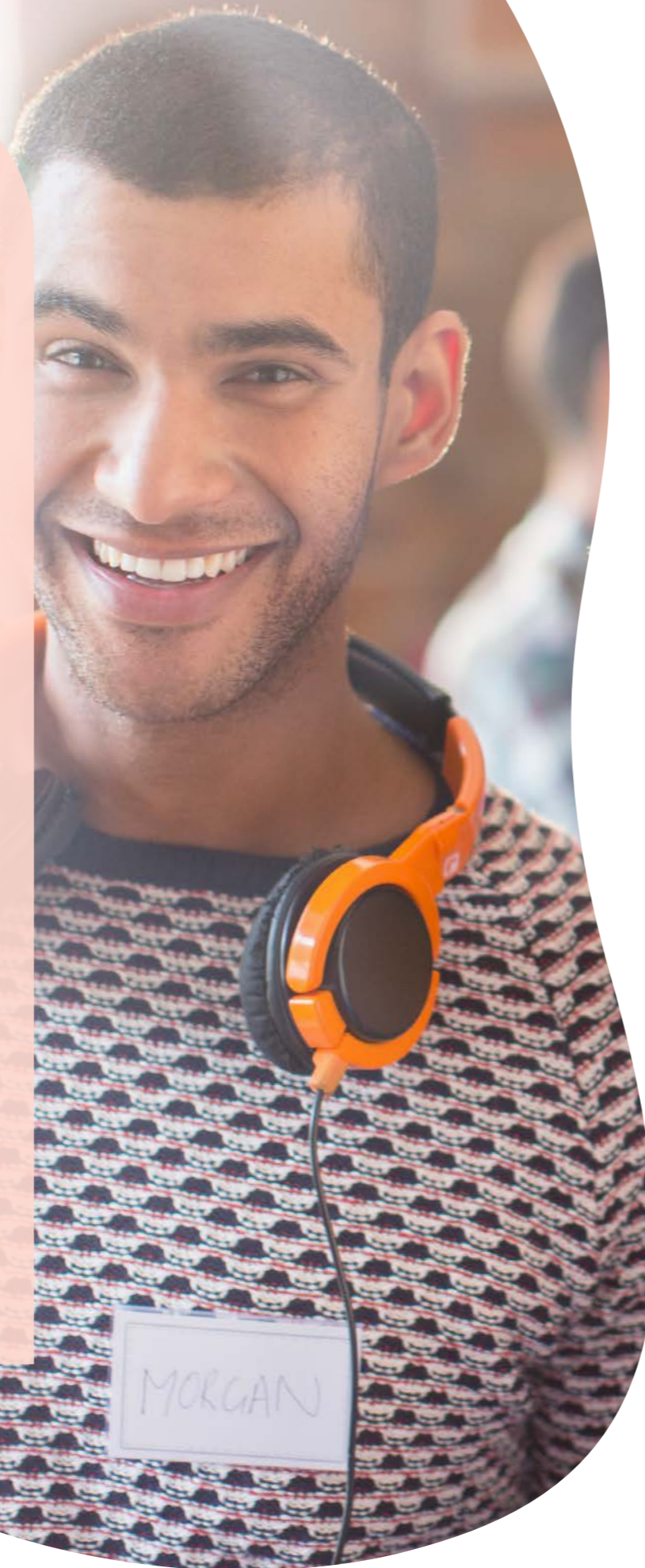
Some exciting projects in the pipeline for the coming year, which will be developed in collaboration with people with lived experience, researchers, and service providers.

- Australia's second Loneliness Awareness Week
- Review of strategic direction and plan
- Research symposium

8

Partnerships, Collaboration and Support

We thank our members, partners, donors and supporters along with our board, committee members, Lived Experience Advisory Panel, volunteers and staff.



Memberships

Total memberships as
of June 30, 2024

62

ORGANISATIONS

45

INDIVIDUALS



Partnerships

We have had continued partnerships with AIA and Frasers Property, Medibank and Bolton Clarke. Medibank, a foundation partner agreement came to an end in December 2023 following a two-year commitment. We are grateful for the support of our partners.

Grants

We acknowledge The Wicking Trust and Equities Trustees for their support.



boltonclarke.com.au



medibank.com.au



aia.com.au



frasersproperty.com.au

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Parliamentary Friends of Ending Loneliness

The Parliamentary Friends of Ending Loneliness has provided a non-partisan forum for members of parliament to meet and discuss loneliness as a health and social issue since its launch in May 2021.

We are grateful for the support of the Hon Andrew Giles MP and Ms Bridget Archer MP as co-chairs and for hosting of the parliamentary event in August 2023 and the launch of our inaugural Loneliness Awareness Week by The Hon Dr Andrew Leigh MP.

The Hon Minister Andrew Giles MP



Co-Chair | Parliamentary Friends of Ending Loneliness (MAY 2021 – PRESENT)

The Hon Minister Andrew Giles was first elected to the Australian Parliament as Member for Scullin in 2013. A member of the Australian Labor Party Andrew was re-elected in 2016, 2019, and 2022. Minister Giles is the Minister for Immigration, Citizenship, and Multicultural Affairs. Minister Giles has long been a valued supporter of Ending Loneliness Together and has been co-chair of Parliamentary Friends of Ending Loneliness since its inception.

Ms. Bridget Archer MP



CO-CHAIR | PARLIAMENTARY FRIENDS OF ENDING LONELINESS (AUGUST 2022 – PRESENT)

Mrs. Bridget Archer MP has been a member of the House of Representatives since the 2019 Federal election. She is a member of the Australian Liberal party and represents the Division of Bass in Tasmania. Bridget became the co-chair of Parliamentary Friends of Ending Loneliness in 2022.

Special Thanks

- Relationships Australia
- Whiddon Group
- Volunteering Australia
- Nextdoor
- WayAhead NSW
- Uniting Care
- Wicking Trust
- Equity Trustees
- Infoxchange
- Neighbours Everyday
- The Gandel Foundation
- Wallis Social Research
- University of Sydney

Staff

- Lynley Hurst (Volunteer)
- Jamie Blyton (Volunteer)
- Neil Glick (Volunteer)
- Sarah Sarraf (Volunteer)
- Assoc Professor Michelle Lim (CEO and chair Scientific Advisory Committee)
- Marge Jackson (Engagement Lead)
- Prof Johanna Badcock (Director Evidence and Training - May 2023 to Dec 2023)
- Dr Robbie Eres (Training Lead)
- Joshua Lambert (Partnership Lead)
- Charlene Sommerville (Executive Assistant - March 2023 to Sept 2023)

Contractors

- [Glue Communication](#)
- [The-Line](#)
- [Macadamia Digital](#)
- [The Comms Suite](#)











10

Ending Loneliness Together Committees & Advisory Groups

6
Number of Meetings held

Management Committee Members

The names of committee members throughout the year and at the date of this report are:

Committee Member	Position	Eligible Meetings	Meetings Attended
 Michelle Lim	Chair (resigned 23 Oct 2023)	1	1
 Nick Tebby	Chair (appointed 23 Oct 2023)	6	6
 Sue Regan	Committee Member	4	4
 Karn Nelson	Deputy Chair	6	6
 Fay Mound	Committee Member	6	6
 Jennie Sager	Committee Member	6	5
 Sharon Grocott	Committee Member	6	6
 Prof Ben Smith	Committee Member	4	4
 Health Ducker	Secretary	6	4
 Kevin Cheung	Treasurer	6	6

Associate Professor Michelle Lim



SCIENTIFIC CHAIR

Associate Professor, Prevention Research Collaboration, Sydney School of Public Health, The University of Sydney

Professor Lisa Brophy



MEMBER

Professor of Social Work, Social Work and Social Policy, La Trobe University.

Dr Lidia Engel



MEMBER

Post-Doctoral Research Fellow, Monash University

Professor Ben Smith



MEMBER

Professor of Public Health, Prevention Research Collaboration, Charles Perkins Centre, University of Sydney

Professor Julianne Holt-Lunstad



INTERNATIONAL MEMBER

Professor of Psychology and Neuroscience, Brigham Young University & Adjunct Professor, Social Health & Wellbeing Laboratory, Swinburne University of Technology

Professor Catherine Haslam



MEMBER

Professor Clinical Psychology, University of Queensland

Professor Alex Brown



SPECIAL ADVISOR

Professor of Medicine, University of Adelaide & Aboriginal Health Equity Theme Leader, South Australia Health & Medical Institute, University of Canberra

Professor Manuela Barreto



INTERNATIONAL MEMBER

Professor of Social and Organisational Psychology, the University of Exeter.

Scientific Advisory Committee

The aim of the Scientific Advisory Committee is to provide expert research advice to the Management Committee of Ending Loneliness Together, foster connections between loneliness researchers and service providers at state and national level, and supply strategic direction and leadership on loneliness research to ensure that the mission of Ending Loneliness Together is achieved.

In 2023, we welcomed two international scientific committee members Professor Pamela Qualter and Professor Manuela Barreto.

Professor Cathy Mihalopoulos



MEMBER

Health Economics Division, Monash University

Associate Professor Sarah Wright



INTERNATIONAL MEMBER

Associate Professor, Business School, University of Canterbury

Professor Pamela Qualter



INTERNATIONAL MEMBER

Professor of Psychology for Education, Manchester Institute of Education, The University of Manchester

Professor Jo Badcock



VICE CHAIR

Adjunct Professor University of Western Australia

Advisory Group

The aim of the Advisory Group is to contribute to Ending Loneliness Together's strategic direction as a stakeholder group to the Management Committee and to support the sustainability and activities of Ending Loneliness Together.

Advisory group members are made up of senior leaders from our partner organisations.

**Professor
John Pollaers OAM**

**CHAIR OF
ADVISORY GROUP**



**Professor
Judy Lowthian**

**HEAD OF RESEARCH AND
PRINCIPAL RESEARCH
FELLOW
BOLTON CLARKE**



**Ms
Karen Oldaker**

**SENIOR EXECUTIVE
WELLBEING AND COMMUNITY
PEOPLE, CULTURE &
SUSTAINABILITY
MEDIBANK**



**Ms
Karen Oldaker**

**HEAD OF SHARED VALUE
AIA**



**Mr
Anthony Boyd**

**CEO
FRASERS PROPERTY
AUSTRALIA**



**7
Number of
Meetings**

Lived Experience Advisory Panel

The aim of the Lived Experience Advisory Panel is to guide and support Ending Loneliness Together research and practice and to give people experiencing loneliness, the voice to impact meaningful insights and outcomes.

Panel Member	Role	Date Joined
Phil McAuliffe	Co-chair	5/1/2022
Leah Wiseman	Co-chair	7/1/2023
Janene McAnally	Member	7/1/2023
Evan Ma	Member	7/1/2023
Gauri Kapoor	Member	7/1/2023
Chris Cooper	Member	7/1/2023
Nicholas Bloom	Member	8/2/2024
Rochelle Standen	Member	8/2/2024
Grace White	Member	8/2/2024



11

Financial Position

Independently audited financial report available on request

Kevin Cheung

TREASURER



As Treasurer of Ending Loneliness Together I am pleased to report the organisation has finished the year in a sound financial position with an operating surplus for the year ended 30 June 2024 at \$91,088 compared to \$316,473 in 2023.

The accounts have been audited and the auditor's report is available on request by contacting info@endingloneliness.com.au.

I would like to thank our auditors, Alternative Accounting for the preparation of the Independent Auditors Report for the year ending 30 June 2024 and the Ending Loneliness Together Board members for their care and diligence.

Kevin Cheung
Treasurer

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Join us

1 in 3 Australians feel lonely and 1 in 4 experience persistent loneliness. If you're anything like us, you think it's time for that to change.

There are many ways you can join us in the movement to address loneliness in Australia, including by becoming an individual or organisational member, or supporting us as a donor or an organisational partner.

To make an immediate impact, consider donating online. By making a charity donation, you are supporting Ending Loneliness Together to lead a national, coordinated response to tackling persistent loneliness effectively.

www.endingloneliness.com.au



Contact Details

Ending Loneliness Together
Level 2/3 Spring St,
Sydney NSW 2000

info@endingloneliness.com.au

www.endingloneliness.com.au

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