

2025-2026





ANNUAL REPORT





ENDING LONELINESS TOGETHER



CREATING A MORE SOCIALLY CONNECTED AUSTRALIA

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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 peak body 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 in Australia.

www.endingloneliness.com.au

ACKNOWLEDGMENT OF COUNTRY

Ending Loneliness Together acknowledges the Traditional Owners and Custodians of Country throughout Australia and recognises their continuing connection to land, waters, culture and community. We pay our respects to Elders past and present and extend that respect to all Aboriginal and Torres Strait Islander peoples.

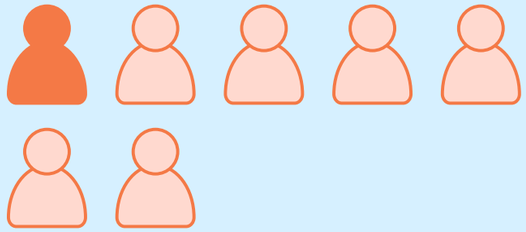
We recognise the strength of connection to Country, culture, kinship and community that has sustained Aboriginal and Torres Strait Islander peoples for generations. We acknowledge the importance of these connections to social and emotional wellbeing and the valuable knowledge First Nations peoples bring to building strong, inclusive and connected communities.

LONELINESS REMAINS WIDESPREAD

Loneliness remains a significant challenge



2 in 5 young people living in Australia feel lonely



1 in 7 people living in Australia experience persistent loneliness

OUR VISION

A world where everyone feels meaningfully connected, with access to knowledge, tools and services to reduce loneliness.



OUR PATH TO IMPACT

Five areas where ELT can contribute to achieving this vision





CHAIRPERSON'S REPORT

Nick Tebbey

Chair

It has been a busy and successful year for Ending Loneliness Together.

Over the past twelve months we have continued to raise our profile, and to bring the weight of research and practice experience to the national policy debate. Our membership has grown, as has our community of partners and supporters, and we are grateful to every one of them.

We have also seen a remarkable growth in research, deepening our collective understanding of loneliness: its causes, its impacts and the responses that work.

I have been particularly proud to watch Ending Loneliness Together grow into its role as the peak body for the sector. We hold that role with pride, and with a strong sense of responsibility. Bringing research, practice and policy together into the same room is what we are here to do.

Australia now has a solid and growing understanding of what loneliness is and why it is harmful. The task ahead is to act on it, and to turn to the mission at the heart of this organisation: to end loneliness, together. That last word matters. It is why this organisation is so important to us. We believe that lasting change will come from uniting the diverse members of this sector behind a common purpose.

Thank you to those who have joined us along the way: our research collaborators, our service delivery and training partners, the sponsors of our events and, of course, our highly valued members.

I also want to acknowledge the small but mighty team behind Ending Loneliness Together, whose tireless effort and consistently high-quality work bring our vision to life. And to my colleagues on the Management Committee, thank you for volunteering your time, expertise and passion.

I look forward to another busy year ahead.



Nick Tebbey,
Chair



CEO'S REPORT

Associate Professor Michelle Lim

Chief Executive Officer and Scientific Chair

This year, Ending Loneliness Together (ELT) strengthened its position as Australia's national peak body for loneliness and social isolation.

Three achievements defined the year: the success of Loneliness Awareness Week, a growing reputation for evidence and its translation, and sustained work to build a coalition of organisations committed to addressing loneliness.

Loneliness Awareness Week 2025 was our most significant public engagement to date. Our campaign, Moments Matter, which was focused on youth loneliness, brought together many partner organisations, generated 575 million in media and social reach, and engaged youth and community organisations. Importantly, the campaign moved the national conversation from awareness to action – encouraging young people and their ecosystem to make moments matter.

ELT is increasingly recognised as a trusted source of rigorous, evidence-informed guidance. By translating research into practical resources, policy submissions, and sector briefings, we have distinguished ourselves from awareness-only initiatives. This reputation underpins our standing with governments, funders, and the research community, and was reflected in invitations to provide expertise on government advisory panel, community initiatives, and being part of government research grant submissions.

Central to our strategy is growing a coalition of organisations that recognise loneliness as both a priority and a feasible social determinant of health.

Loneliness is measurable, responsive to evidence-based solutions, and linked to health, economic, and productivity outcomes. Reframing it in these terms enables cross-sector investment. This year, our coalition grew to 127 members including 79 organisations across health, community, corporate sectors.

I thank our Management Committee, partners, academic partners, people with lived and living experience, and the ELT team for their commitment to this agenda. In the year ahead, we hope to accelerate this movement – to prevent the onset of persistent loneliness in people living in Australia.



Associate Professor,
Michelle Lim
Chief Executive Officer and Scientific Chair

YEAR IN REVIEW



x3 **Corporate Partners** engaged

FRASERS PROPERTY | medibank group | AIA HEALTHIER, LONGER, BETTER LIVES

575M* people **reached** through Loneliness Awareness Week

*Reach is limited to data licences and rights which change annually, so the estimated figure is likely more.

www://

27,000 visits to lonelinessawarenessweek.com.au

55,000 visits to endingloneliness.com.au

1000+ people participated in **training** and capability building delivered by ELT

127 **members / partners** across our national network

79 **organisations**

48 **individual**

x20 **lived experience contributors** Involved in our work through formal advisory groups, awareness raising activities

4,600+ **resource downloads** during LAW

162 Individuals attended the **Australia's National Loneliness Conference**

1,908 listings on our **National Directory**

6,900 **visits** to the directory

16,000+ **searches** for connection opportunities since launch

OUR IMPACT

BUILD EVIDENCE

Building the knowledge needed for effective action

Our intended impact:
Improved understanding

Our Theory of Change seeks a future where people have access to nationally relevant data on the prevalence of loneliness and evidence about effective, measurable and scalable solutions.

During 2025–2026, ELT continued to strengthen the evidence base and, importantly, translate research into information that governments, organisations, communities and individuals can use.

What this contributes to:

Better evidence and better translation of that evidence enable more informed decisions about where and how Australia invests in social connection.

Progress towards impact:
2025–2026 highlights

A Call for Connection: Understanding and Addressing youth loneliness in Australia Research

A mixed methods **report** on loneliness in young people aged 15-25, in collaboration with the Prevention Research Collaboration, The University of Sydney and Wallis Social.

Connecting 4 Better Health (C4BH) Partnership with Monash University

Funded by the 2023 NHMRC Target Call for Research Loneliness and Social Isolation in Chronic Disease, ELT is the translation partner.

Australia's National Loneliness Conference 2025

Keynote speakers: Professor Julianne Holt-Lunstad, Adjunct Professor Sophie Scott OAM, Vedran Drakulic OAM & The Hon Assistant Minister Ged Kearney.

Free Webinars

- Why loneliness and social connection matter
- Insights from the World Health Organization

RAISE AWARENESS

Moments Matter: Showing that small acts can make a difference

Our intended impact:
Reduced stigma

Our Theory of Change seeks a community in which people feel comfortable talking about loneliness and understand the importance of meaningful social connection.

The 2025 theme for **Loneliness Awareness Week, Moments Matter**, focused on the small, everyday acts we can all take to create and strengthen connection. The campaign placed particular emphasis on young people, who report the highest levels of loneliness, recognising the importance of making conversations about loneliness relevant and accessible to younger Australians.

"I'm reaching out to express my appreciation for the great LAW website and resources! I especially appreciated the Moments Matter tips and tricks resource sheets."

Public engager



"It meant a lot to both Norah and I to be able to share our story in a way that could hopefully make someone feel seen or less alone. Being part of something with real impact has inspired us deeply and it's made us realise how much we'd love to be involved in more projects like this where we can share our voice, uplift others and help create positive change."

Nisrina, Video Participant

2025 SNAPSHOT

#MomentsMatter

#LonelinessAwareness Week

27,000+
people visited our main website

4,600+
resource downloads
including supporter toolkit, report and tipsheets

575M REACH
Through media articles, social media posts/ mentions, website visits, billboard traffic*

2,500+
people sought connection
by visiting our national

5%
engagement rate
above the average of 1-3% on social media

1200+
conversations started
including how many times the campaign + loneliness + hashtag was mentioned or ELT tagged

What this contributes to:

Greater public understanding, more open conversations about loneliness and a stronger recognition that each of us can play a role in creating connection.

*Reach is limited to data licences and rights which change annually, so the estimated figure is likely more.

GROW CAPACITY & CAPABILITY

Helping people and organisations turn knowledge into action

Our intended impact:
Enhanced competency

Our goal is for communities and organisations across Australia to feel confident recognising, responding to and addressing problematic and/or persistent levels of loneliness.

During 2025–2026, through training, presentations, webinars, practical resources and sector engagement, we supported others to move from understanding the problem towards taking evidence-informed action.

We also continued work to strengthen pathways into community participation and connection, including through our **National Online Directory**.

"Very informative workshop. Group discussions and really useful identifying the differences in generations."

Workshop Participant

"Very helpful to look at loneliness as a community issue impacting individuals, economy, community etc."

Workshop Participant

Progress towards impact:
2025–2026 highlights

Community Training

- Wangaratta and Yarra City Councils
- Alfred Hospital Occupational Therapy Staff
- My Spring Day

Community of Practice Meetings

- Evaluation tools
- Older Australians and loneliness
- Community Connection: Research & Practice

National Online Directory

- 1,908 listings of services providing connection or supporting people experiencing loneliness

What this contributes to:

A growing network of people and organisations with the confidence, knowledge and practical tools to address loneliness and social isolation, and/or to strengthen healthy meaningful social connection.

COLLABORATE

Building a coordinated response to loneliness

Our intended impact:
Targeted solutions

As a national peak body, an important part of ELT's role is bringing people together. Our Path to Impact (see pg 7) envisages members listening and learning from one another to develop a more coordinated approach to addressing loneliness.

Throughout 2025–2026, we connected researchers, community organisations, governments, health and ageing services, businesses, funders and people with lived experience to share knowledge and develop stronger responses to loneliness.

Our annual Australia National Loneliness Conference, membership network, Lived Experience Advisory Panel, Communities of Practice, partnerships and collaborative projects created opportunities for people to learn from each other and translate different perspectives into action.

"Everyone was there for the same purpose, speakers and workshops were very insightful and provided practical tips for us to take away."

Conference delegate

"Speakers and workshops were diverse, interesting and a perfect reflection of the conference theme. Warm atmosphere and connections, being relatively intimate, was wonderful and fitting "

Conference delegate

Progress towards impact:
2025–2026 highlights

Australia's National Loneliness Conference

162 attendees across government, health, tech, community, lived experience, research

Membership Updates

Keeping our 127 members updated on the latest loneliness research, projects and opportunities through monthly newsletters

Lived Experience Advisory Panels

We have 20 members across two panels and hosted 10 meetings

AIA Loneliness in the Workplace

Developing an online training package to address loneliness in workplaces with our partner AIA (to be launched in 2027)

What this contributes to:

Stronger relationships, less duplication and solutions informed by evidence, practice and lived experience.

INFLUENCE CHANGE

Making healthy and meaningful social connection a national priority

Our intended impact:
A national priority

We're working towards a whole-of-government and cross-sector commitment to address loneliness and create a culture of connection

During 2025–2026, we engaged with governments, policymakers, researchers, community organisations and other national stakeholders to increase recognition of loneliness as an issue requiring coordinated and sustained action.

"I feel full of hope and heart. The youth focus and genuine inclusion are brilliant. You have done it so well."

Neighbours Every Day

"The stakeholder event on the Wednesday evening followed by an impressive agenda of thought-provoking speakers, notably the youth panel, was a testament to the hard work and relationships that Ending Loneliness Together has achieved."

headspace

Progress towards impact:
2025–2026 highlights

Federal Parliament Event during Loneliness Awareness Week

Youth panel which attracted 55 attendees including sector and Parliamentary stakeholders

Parliamentary Engagements

Eight meetings, briefings and other engagements took place across September 2025 – April 2026, strengthening relationships with key decision makers

2026 – 2027 Pre-Budget Submission

Advanced with key decision-makers, highlighting opportunities for government action to address loneliness and strengthen social connection across Australia.

What this contributes to:

Building the evidence, relationships and momentum required for loneliness and social connection to become embedded in national policy, practice and investment.

LIVED EXPERIENCE UNDERPINS OUR WORK

The people most affected by loneliness should help shape the solutions

Lived experience is not a standalone program within our Theory of Change. It strengthens all five pathways.

During 2025–2026, people with lived experience contributed to our campaigns, research, communications, parliamentary events, resources and organisational thinking.

Through our Lived Experience Advisory Panels and broader lived experience engagement, we continued to create opportunities for people to contribute their lived experience expertise and help shape how Australia understands and responds to persistent loneliness.

A note from our Lived Experience Advisory Panel Co-Chairs

Loneliness can leave people without a voice, or feeling that what they say disappears into a vacuum. The ELT Lived Experience Advisory Panel (LEAP) provides us with the opportunity to counteract this through genuine inclusion of our thoughts, feedback and ideas to guide ELT content, initiatives and operations.

For us, meaningful involvement means being in the room before decisions are made, not after. Lived experience isn't just a story; it's expertise that makes solutions more person centred and more likely to reach the people who need them most. ELT LEAP is a small but mighty team, and our involvement in this safe and respectful space is a privilege. We hope to see this intentional reference to, and inclusion of, lived experience voice as standard practice wherever loneliness is understood and addressed.



Nicholas Bloom
Co-Chair, LEAP



Dr Leah Wiseman
Co-Chair, LEAP

PROJECT SPOTLIGHT

Equity Trustees | THE WICKING TRUST

Ageing Well Project – Strengthening Social Connection for Older Australians

The **Ageing Well initiative** focuses on reducing loneliness and social isolation among older Australians through evidence-based, community-led approaches. The project prioritises awareness-raising, co-design with lived experience, collaboration across sectors, and the development of sustainable infrastructure within ELT to support meaningful social connection.

During 2025–2026, we strengthened the voices of older Australians through the establishment of a dedicated **Older Adults Lived Experience Advisory Panel (LEAP)**. Members contributed to research and co-design, advised on campaign development and helped us better understand the barriers that can make connection difficult for their age group. Two LEAP members were also supported to participate in the Australia's National Loneliness Conference, bringing lived experience directly into national conversations.

Working with **Wallis Social**, we commenced qualitative co-design research with older Australians to inform future awareness initiatives. This work reinforced the importance of portraying ageing and connection authentically and positively, while recognising that efforts to reduce loneliness must also engage families, communities, services and the broader systems surrounding older people.

What we are learning

Older Australians have highlighted that loneliness is **rarely solved simply by providing more opportunities to socialise**. Cost, mobility, digital exclusion, caring responsibilities, grief, ageism, geography and the accessibility of services can all influence a person's ability to build and sustain meaningful relationships.

Our qualitative research highlighted the deeply personal and varied ways older adults experience loneliness. Participants spoke about the importance of having someone to share everyday life with, the impact of widowhood and other life transitions, and the difficulty of rebuilding social connections later in life. The research involved 16 in-depth interviews with older adults across Australia.

> *"Feeling like there's nobody around that you could, you know, go and have a coffee with or think about going into the city with."*
>
> **Female, 65–74, Metro NSW, #05**

These insights are shaping our next phase of work. They reinforce the need for responses that are accessible, trauma-informed and grounded in lived experience, while addressing the broader environments and systems that enable, or prevent meaningful social connection.



> *"Someone you can ring up and say, what are you doing? Let's meet for coffee… let's do something. That's what I'm missing is I hate doing things on my own."*
>
> **Male, 65–74, Metro QLD, #02**

> *"[Being] by myself rather than being partnered… when everybody else is a couple. Despite everybody's best intentions, you are sort of on the fringe somewhat."*
>
> **Female, 65–74, Metro TAS, #03**

*Wallis Social (2025), Stay Connected: Formative and Campaign Element Testing Report, prepared for Ending Loneliness Together, December 2025.

What this contributes to

Deepened understanding of how older Australians want to hear and talk about loneliness.

STRENGTHENING OUR FOUNDATIONS

BUILDING STRATEGIC PARTNERSHIPS AND SUSTAINABILITY

Through the generous support of Equity Trustees, ELT has been able to strengthen our partnership capability through the appointment of a Strategic Partnerships Lead, focused on building relationships across government, corporate and philanthropic sectors and securing investment in key areas of our work.

We also continued to nurture relationships with our key corporate partners **AIA Australia**, **Frasers Property Australia** and **Medibank**. These partnerships extend beyond financial support, helping ELT to amplify awareness of loneliness and social connection, engage new audiences and explore opportunities to embed social connection within workplaces and communities.



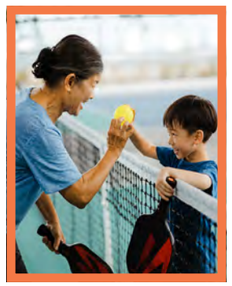
Loneliness Awareness Week (LAW) 2025

Support grew to $165.5K, 59% increase on the previous year.



Australia's National Loneliness Conference (ANLC)

Support grew to $88K, 76% increase on the previous year.



Individual Giving Pilot Appeal

In our quest to diversify ELT's sources of income we conducted our first individual giving donor appeal in 2026, an end of financial year 'Tax Appeal'. The campaign returned $4,155. There were 24 donations, with an average gift of $173.00.

LOOKING AHEAD

FROM AWARENESS TO ACTION

Our work in 2025–2026 reinforces a simple truth: **awareness is necessary, but awareness alone is not enough**.

The next stage of ELT's work will increasingly focus on helping translate knowledge into action, including; building community and organisational capability, strengthening pathways into meaningful participation, supporting evidence-informed solutions and continuing to build the case for social connection as a national priority.

Our ambition remains a future in which meaningful healthy social connection is recognised not simply as an individual responsibility, but as a basic human need that communities, organisations and governments can actively enable.

STRATEGY 2026



TREASURER'S REPORT



Kevin Cheung

Treasurer

For the year ended 30 June 2026.

As Treasurer of Ending Loneliness Together, I am pleased to report that the organisation has concluded the financial year ended 30 June 2026 in a sound and sustainable financial position.

The financial accounts have been independently audited by Alternative Audit, who have issued an unqualified audit opinion. The auditors confirmed that the financial statements give a true and fair view of the financial position and performance of Ending Loneliness Together for the year ended 30 June 2026.

The full audited accounts and the Auditor's Report are available on request by contacting info@endingloneliness.com.au.

I wish to acknowledge the diligence of our finance team, our auditors at Alternative Audit, and the ongoing support of the Board and Executive team for their commitment to maintaining strong governance, transparency, and accountability.

Kevin Cheung,
Treasurer



THANK YOU

TO OUR COMMUNITY

Everything Ending Loneliness Together achieves is made possible through collaboration.

We extend our sincere thanks to our **members, partners, committees and supporters** who invested in our work during 2025–2026. Your support enables us to build evidence, raise awareness, strengthen capability, bring people and organisations together, and advocate for the systemic change needed to address loneliness and strengthen social connection across Australia.

We extend our appreciation to our members, both individuals and organisations, who are an essential part of the Ending Loneliness Together community. Your commitment, engagement and advocacy strengthen our collective voice and contribute to a growing national movement for social connection.

We also sincerely thank the **members of our Management Committee, Scientific Advisory Committee and Lived Experience Advisory Panels**, who generously contribute their time, knowledge, insights and perspectives. Your guidance, expertise and commitment help shape our strategic direction, strengthen our work and ensure that lived experience and diverse perspectives inform our approach. We acknowledge our **government, philanthropic and funding partners** whose investment provides the foundation for our programs and enables us to pursue longer-term, evidence-informed approaches to change.

We thank our **corporate and program sponsors** for supporting initiatives including Loneliness Awareness Week, our Annual Loneliness Conference, research, community engagement and other activities. Your contribution extends beyond financial support: it helps amplify our messages, reach new audiences and demonstrate the role every sector can play in creating a culture of connection.

We also **recognise our research, community and sector partners** who generously share their expertise, evidence, networks and experience. Collaboration is central to our Path to Impact: by listening and learning from one another, we can develop a more coordinated and effective response to loneliness.

TO OUR PARTNERS AND SUPPORTERS

Our Partners

- **AIA**
- **Frasers Property Australia**
- **Medibank**

Our Funders

- **R.M. Ansett Trust**
- **Equity Trustees**
- **The Wickings Trust**

Our Collaborators

- **Little Big Foundation**
- **Relationships Australia**
- **The University of Sydney**
- **Uniting Australia**
- **Volunteering Australia**
- **WayAhead NSW**
- **The Whiddon Group**

Our Research Project Partners

- **Wallis Social**
- **University of Sydney**

Our Sponsors

- **Belgravia Leisure**
- **Beyond Blue**
- **Department of Health Victoria**
- **headspace**
- **Inclusee**
- **Kirinari**
- **Lifeline**
- **Neighbours Every Day – Relationships Australia**
- **Orygen Youth Health**
- **Queensland Government**
- **R U OK?**
- **South Australian Government –Department of Human Services /Preventive Health SA**

Our Advocates

Our thanks also go to our **members, Lived Experience Advisory Panel and lived experience contributors**, whose perspectives help ensure our work remains grounded in the experiences of people and communities. We are grateful to the organisations, practitioners, speakers, volunteers, campaign participants and community champions who contribute their time and expertise and help take our work into communities across Australia.

Finally, we acknowledge the many **individuals and organisations who advocate for social connection every day**-often through actions that may seem small but make a meaningful difference.



GOVERNANCE & COMMITTEES

MANAGEMENT COMMITTEE

NAME	ORGANISATION	ROLE
Nick Tebbey	Relationships Australia	Chair
Karn Nelson	The Whiddon Group	Deputy Chair
Heath Ducker		Secretary
Kevin Cheung		Treasurer
Mark Pearce	Volunteering Australia	Member
Fay Mound	Uniting Care Australia	Member
Sarah Matthews	Little Big Foundation	Member
Sharon Grocott	WayAhead NSW	Member
Prof Ben Smith	The University of Sydney	Member

SCIENTIFIC ADVISORY COMMITTEE

NAME	ORGANISATION
A/Prof Michelle Lim	The University of Sydney
Prof Ben Smith	The University of Sydney
Prof Lisa Brophy	La Trobe University
Prof Cathrine Mihalopolous	Monash University
Dr Lidia Engel	Monash University
Prof Catherine Haslam	University of Queensland
Prof Pam Qualter	University of Manchester (International)
Prof Manuela Barreto	University of Exeter (International)
Prof Julianne Holt-Lunstad	Brigham Young University (International)



LIVED EXPERIENCE ADVISORY PANELS (LEAP)

NAME
Dr Leah Wiseman
Evan Ma
Gauri Kapoor
Chris Cooper
Nicholas Bloom
Dr Ru Ying Cai
Grace Martin
Nathan Hawke
Ally Coll
Stephen Lake
Matthew Hopkins
Sandi Givens
Robyn Doyle
Nicholas Glover
Kevin Rabe
Jennifer Jackson (resigned)
Janet Milford (resigned)
Margaret Trommestad (resigned)

STAFF

NAME
A/Prof Michelle Lim
Marge Jackson
Ha Linh Quach
Richard Wylie

VOLUNTEERS

NAME
David Menzies
Sally Sharman

CONTRACTORS AND SUPPLIERS

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Alternative Accounting
Baker McKenzie
Compass Studio
Digital Ninjas
Dr Chris Jillard
Dr Daniel Surkalim
Dr Robbie Eres
Equitable Philanthropy
Glue communication | Danielle Cuthbert
GRA Cosway

NAME
Infoxchange
Kate Atkinson
Macadamia
The-Line | Fraser Stewart
Pure Public Relations
Resolution Media | Shannon Swan
Snappy Accounting Services
The Conference Group
Wallis Social

JOIN US

IN BUILDING A MORE CONNECTED AUSTRALIA.

Creating a more socially connected Australia requires a collective effort, and there are many ways you can be part of the movement to address loneliness.

Whether you become a member of Ending Loneliness Together, make a donation, or partner with us as an organisation, your support helps drive meaningful and lasting change.

Together, we can strengthen awareness, advance research, influence policy and support practical solutions that foster social connection and belonging across Australia.

Your support makes a difference.

Join us in creating an Australia where everyone can experience meaningful social connection.

Get involved or donate:
Get Involved – Ending Loneliness Together

ENDING LONELINESS TOGETHER

www.endingloneliness.com.au



LOOKING FOR CONNECTION?

If you're looking for opportunities to connect with others, explore our Find Connection Directory.

The directory helps people across Australia discover local programs, activities and services that foster meaningful social connection and a sense of belonging.

Find opportunities to connect near you:

Search – Ending Loneliness Together

CONTACT DETAILS

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Sydney NSW 2000

info@endingloneliness.com.au

www.endingloneliness.com.au

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