

Loneliness New Zealand Charitable Trust

Strategic plan 2020 - 2023

Our Purpose

To improve wellbeing and life satisfaction by increasing **meaningful** social connectedness amongst New Zealanders.

Our Vision

Conquering loneliness in New Zealand!



Our Goals

Support those already experiencing loneliness in their lives.
Develop meaningful relationships through counselling, mentoring or coaching.

Facilitate clients to understand themselves, others and their landscape, in context of their loneliness.

Advocate addressing loneliness as a preventative measure, and early intervention, for mental wellbeing.

Increase the reach of Loneliness NZ.

Upskill people to prevent themselves and others becoming lonely.
Catalyse change to avoid behaviours that lead to loneliness.

Resource users on the complexities of loneliness through our website, and other relevant material.

Broaden the understanding of loneliness through relevant workshops and conferences.

Champion meaningful relationships and strong social connectedness in communities of all kinds.

Give New Zealand a focus on conquering loneliness.
Increase the awareness of loneliness issues across the whole country.

Engage with Government in relation to loneliness.

Encourage translation of research into practice, to achieve the best social connectedness outcomes in New Zealand.

Seek collaborative and strategic partners whose work aligns with our own vision.