

LONELINESS NEW ZEALAND CHARITABLE TRUST

Performance Report to March 2019

Website: www.loneliness.org.nz

Donations: [GiveALittle - Loneliness NZ Charitable Trust](#)



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Note: References on research material mentioned in this report are generally available on our website, and can be given on request.

WELCOME

Tēna koutou katoa

Welcome to Loneliness NZ!

We are excited to have founded this charitable trust focusing on conquering loneliness in New Zealand. Loneliness is detrimental to us, and our country. So we are inspired by the possibility of living in a country where all of us have genuinely meaningful relationships and high levels of connectedness; based on the ideal where discrimination in any form no longer exists, and tolerance is replaced by genuine acceptance of people, whether strangers or those we are more intimately connected with.

We envisage a happier and more productive environment, with reduced mental and physical illness. Early intervention and prevention of loneliness will enable us to have increased life satisfaction, with higher levels of health and wellbeing. What's more, focusing on meaningful relationships and connectedness will play a significant part in reducing suicide ideation and bullying, two of the issues which continue to plague our country.



Loneliness in the media - both nationally and internationally - has typically focused on seniors being socially isolated - where finding them company and support is indeed critical. What we are looking at is much broader - loneliness that pervades the lives of people of all ages... and in all walks of life. These lonely people are amongst you and I, your family, your friends, your whānau - in our homes, communities and in our workplaces. Some of our lonely have loving families, good jobs, good homes, and some have no one, are unemployed, and are amongst our most vulnerable people. Anyone can be affected by loneliness.

The understanding of loneliness in this deeper way has been gaining international momentum, with countries such as the USA, Denmark, Japan, UK and Australia leading the front. We appreciate the long journey that these countries have already been on - with the UK's Campaign to End Loneliness initiated in 2011, and their Minister for Loneliness appointed in 2018.

Loneliness NZ is here to advocate for all of us living in our country.... we need to be on that journey too. Now is the time for New Zealand to take seriously that loneliness affects our wider population, and to take cohesive action to help all our generations.

He mihi mahana kia koutou ki tenei wa

Cathy Comber, Fiona Sykes and Spencer Scoular
Trustees, Loneliness NZ.

OVERVIEW

Our Beginning

While our new charity's very first beginning started with thoughts of compassion, these were not initially specifically for lonely people. Instead our discussions were about New Zealand's OECD results on suicide and bullying. We were (and still are!) very seriously disturbed by these shocking statistics of our youth. These were the issues that had us exploring further.

Sadly, suicide ideation is an ongoing issue, with some people being very young when having their first thoughts of suicide, and others thinking about it for the first time later in life. Likewise, bullying is not only a problem of our youth - people of all ages in many different settings are bullies, and are being bullied!

We still see evidence of many other forms of discrimination - sometimes very openly, other times more subtly; and sometimes with the person or group discriminating being completely unaware that they could be seriously damaging anyone.

People are substantially affected by any form of verbal, physical, social or psychological abuse - whether intended or not - affecting their way of interacting with others.



Our discussion back then led us to consider the broader context of people's lives; and the various feelings that accompany bullying, discrimination of any kind, and suicide ideation.

We thought that in addition to any other feelings - and there would potentially be many, including conflicting feelings - the one in common at some point for each person was very likely to have been *intense loneliness*.

That led us to recollect experiences with lonely callers phoning crisis helplines. From a counsellor's perspective, taking calls from lonely people sometimes was challenging. While some seemed addicted to the helpline, these same lonely people were not easy to talk to - and negativity had become entrenched. Yet sadly, they could not see for themselves their effect on others.

Paradoxically chronically lonely people tend to push people away even though they want to connect to people!

Getting out of this spiral is really hard for a lonely person.

We researched loneliness extensively. We understood lonely people significantly better. Most importantly we realized the extent to which loneliness is misunderstood - by many well-meaning New Zealanders, including our lonely people themselves. So we became inspired to consider ways to prevent loneliness, and develop an intervention for lonely people to call upon, **before their lives disintegrated**.

Our Rationale for Addressing Loneliness

Loneliness is rising rapidly globally. Many countries like the United Kingdom, the United States, Australia, Japan and Denmark consider loneliness to be a global epidemic, and are beginning to understand the impact on their healthcare systems and their economy.



In addition, some key New Zealand research showed that loneliness is not simply a result of mental health illness, and rather is a strong contributor to the onset of mental health issues. This made focusing on prevention for all our New Zealanders important.

At the time of our foundation, our Government explicitly indicated that there was no intention to follow the UK lead of appointing a Minister for Loneliness, and yet, also did not appear to have any clear plan of tackling the issue outside of the Office of the Seniors. The current model of dealing with loneliness is fragmented. The issue of loneliness is dispersed over many Government Ministries, making a whole of Government response challenging.

Where some non-profit organisations are addressing loneliness, typically they do so on the fringe of core activities. The focus is generally providing companionship (sometimes intergenerational) to people who are, or feel, socially isolated. Other strategies are linking lonely people with other lonely people, or providing chat lines.

Stats NZ General Social Surveys

Through General Social Surveys, Stats NZ confirms that wellbeing and life satisfaction in New Zealand have a strong relationship to *not feeling lonely*.

Yet a staggering high proportion of New Zealanders experience loneliness. 650,000 people reported loneliness at the 2016 NZ General Social Survey of 15 year-olds and over - with many of these being from our vulnerable groups. People of all ages are lonely. We have no statistics of how many children are lonely.

Loneliness is most prevalent in our vulnerable groups.

However, chronic loneliness is more complex than many people understand. You can be amongst loving family but the way you view your world brings you loneliness. Therefore, while providing company and a chat line are important supports for socially isolated people, they are generally not effective to overcome loneliness in the already chronically lonely. Despite being well meaning, the unintended consequence is that the feelings of loneliness of someone already spiraled downwards might be increased.

Many lonely people require some professional help to enable them to shift their thought patterns and to understand people, including themselves, better.

So more effective long-term solutions, which provides some prevention and early intervention for New Zealand's mental and physical health system, are to work through the root cause of loneliness in individuals; and upskill our various communities to prevent loneliness in the first place.

Our Vision

Conquering Loneliness in New Zealand!

Conquering loneliness comes from the collective **participation of all New Zealanders**, where having meaningful intent to treat all others well on all occasions, and the desire to remove the stigma of loneliness, become the norm. Let's all be generous in spirit and action! **He taonga rongonui te aroha ki te tangata.**

A small measure of loneliness which drives us to develop positive relationships is healthy. We are looking to eradicate unhealthy loneliness - which comes from subconscious emotional responses such as fear, mistrust, rejection and betrayal. **This kind of loneliness has a ripple effect, deeply affecting our own and our fellow Kiwis lives - beyond only those that initially became lonely.**

Our Purpose

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

By fulfilling our purpose we are looking to have better outcomes for ourselves, family, friends and whānau - in our various communities (which include our workplaces, and where we spend our leisure time) and therefore in our economy.

Our Goals

Addressing loneliness from different perspectives is important. Our three primary goals of the Trust are to:

- promote public health and social inclusion by **supporting those already experiencing loneliness in their lives.**
- advance education by **upskilling people in ways to prevent themselves and/or others becoming lonely.**
- increase wellbeing and life satisfaction of our population by **giving New Zealand a focus on conquering loneliness.**

Conquering loneliness in New Zealand improves the wellbeing of our population.



I'm feeling lonely



Let's prevent loneliness



Loneliness in NZ

Our Name

As simple as our name sounds we gave considerable thought to how people understand a service with the least ambiguity, as well as what people search on the internet to solve a problem. So while **increasing meaningful social connections and being more socially connected are the solutions**, people naturally seem to talk about their problems ... in our case focusing more on their loneliness and feeling lonely.

Our Logo

Our logo includes the translation of Loneliness New Zealand into Māori to reflect our important heritage, and inclusivity. We share our vision to give our New Zealanders hope. “Conquering” is a word that Kiwis symbolically identify with significant effort culminating with a remarkable achievement of great heights.



The incomplete heart reflects our humanness of feeling empty in the absence of meaningful relationships. More importantly by conquering loneliness our hearts become filled, enabling us to connect well with others.

The layers of blended colours show our multilayered society with its many vulnerable groups (including LGBT+), different ethnicities and people of all ages mingling together with a purpose of *conquering loneliness in New Zealand*.

We also wanted to emphasize that this is not an individual issue - **loneliness is an issue for our country, and all our people**. We are in it together.

He waka eke noa

Loneliness New Zealand Charitable Trust fitted all our criteria well. However, it is a lengthy name to see in writing, and to use throughout documents, so we adopted the abridged **Loneliness NZ** (with the NZ spoken as New Zealand).

Whether individuals are trying to overcome their own loneliness, or we are aiming to significantly reduce loneliness of all people in our country, the effort required is not to be minimized.

The colours in the logo have significance.

The blue colour of Loneliness NZ and Mokemoketanga Aotearoa represent the cold feeling we get when we are lonely. The red colour of “conquering” brings a happy glow, with our hearts experiencing warmth.



Registration as a Charity

On 9 July 2018 we were informed that our application to register Loneliness New Zealand Charitable Trust as a charity has been successful.

This was retrospectively dated to 24/04/2018. Our Registration Number is CC55511. [Our Trust Deed is lodged with Charity Services.](#)

Certificate of Incorporation

Loneliness New Zealand Charitable Trust is registered by the New Zealand Companies Office.

Our NZBN is 9429046744579.



IRD Status

We are registered with IRD as a charity.

Our IRD number 126-103-085

Business Address

Our business physical and postal address is 30A Bell Road, Remuera, 1050. While we operate from this base in Auckland, we are actively intent on serving New Zealanders nationally.

Our client service delivery therefore is primarily conducted through technology, and at our client premises.

Contact Details

Contact us through our website www.loneliness.org.nz via the Contact Us or Get Started pages.

Alternatively email us direct at admin@loneliness.org.nz

Donating to Us

We are registered through [GiveALittle website](#), search for Loneliness NZ .

Web address is:

<https://givealittle.co.nz/org/loneliness-nz-charitable-trust>

GOVERNANCE

Our Governance Structure

Our trust deed states that we must have between two and eight Trustees. We currently have three Trustees that constitute our governance board.

In addition, our trust deed allows us to have Advisers to the Trustees who are appointed as needed to serve the best interest of the trust. These advisers provide specialist advice and services pro-bono. We expect to appoint further as need and opportunity arise.

Our Trust Deed has provision for a Chair of the Board. However, while we are in a developing phase, all decision-making has been by consensus.

Operationally we have appointed one of the trustees to take on the role as CEO. At this stage, our organisation is intentionally lean to enable us to be agile. We are not affiliated with any other organisation.

Our Trustees

The Trustees are:

Cathy Comber, Fiona Sykes and Spencer Scoular.

Cathy has taken on the role of CEO of Loneliness NZ.

Cathy Comber

Dedicated to uplifting individuals, and enhancing cohesive teams through great leadership.



Fiona Sykes

Keen interest in community awareness, and ensuring access to appropriate social support.



Spencer Scoular

Skilled at developing and transforming organisations through strategic vision.



Our Advisers

Four advisers to the Trust were appointed by the end of March 2019.

These are Philip S. Morrison, Denise Taylor, Orquidea Mortera and Lisa Rudolphe.

Professor Philip S. Morrison
Academic Adviser, Urban
Geography



Dr Denise Taylor
Academic Adviser, Social
Prescribing



Orquidea Mortera
Diversional Therapist
Adviser



Lisa Rudolphe
Fundraising
Adviser



Biographies of Our Trustees

Cathy Comber



Cathy has significant experience in senior management in large University departments. Cathy's focus includes developing staff, financial management, and strong customer service delivery.

Cathy contributed to Lifeline Aotearoa for over seven years, as a Helpline telephone counsellor with suicide intervention skills, co-facilitating the foundation training, and mentoring new counsellors.

She has been a trustee, and chairperson, of LifeKidz Charitable Trust, and is currently a trustee for TalkLink Trust - both in the disability sector.

Cathy's tertiary qualifications include a BCom and Postgraduate Diploma in Business Management (HRM). In addition, Cathy has completed Psychology and Sociology courses; and numerous courses in leadership, including the tertiary sector New Zealand Women in Leadership programme.

Fiona Sykes



Since immigrating to New Zealand in 2004, Fiona has worked in market research at both agency and corporate level and is now working as an Insights Manager at a tertiary institution.

Fiona has extensive experience in community research in South Africa, having worked on projects on women's health and the palliative care of HIV/AIDS patients.

Fiona has a degree in Health and Social Sciences, majoring in Psychology and Industrial Psychology. Additionally Fiona has completed several postgraduate papers in Marketing.

Fiona has trained and worked as a Lifeline volunteer telephone counsellor.

She has supported some of those close to her through mental health problems.

Spencer Scoular



Spencer has a vision of transforming the wellbeing of all New Zealanders by delivering long-term strategies to treat loneliness and improve social wellbeing.

He has used his considerable talent in research to understand loneliness in the New Zealand and global context.

Spencer brings high-end management consultancy skills, having experience with the world's leading management consultancy McKinsey & Company. He co-founded Partners in Performance (UK). In addition to operating his own management consultancy, Spencer is an active ICE Angel in the New Zealand start-up community.

Spencer's tertiary qualifications include a PhD from the University of Cambridge, a Bachelor of Engineering (First Class) from the University of Canterbury, and diplomas in accounting/finance and stockbroking.

Biographies of Our Advisers

Professor Philip S. Morrison



Professor Philip S. Morrison is a leading urban geography researcher at Victoria University of Wellington. His expertise includes loneliness across all age groups; and the geography of “happiness” - the impact of place on subjective wellbeing.

His qualifications include an MA, Victoria University of Wellington, and a PhD, University of Toronto. Philip received the New Zealand Geographical Society Distinguished Geographer Award in 2013. Philip chaired the Third International Conference on Wellbeing and Public Policy in Wellington, September 2018.

Dr Denise Taylor



Dr Denise Taylor, a Senior Lecturer in Victoria University of Wellington, is a qualified pharmacist with practice experience in community pharmacy, general practice, hospital pharmacy and academia. Denise has significant UK experience working with national health organisations to improve the safer use of medicines in general, and specifically in mental health via the College of Mental Health Pharmacy. Denise’s prestigious professional achievements include becoming a Fellow of the Higher Education Academy, a Fellow of the Royal Pharmaceutical Society UK and a Faculty Fellow of the Royal Pharmaceutical Society UK.

Orquidea Mortera



Orquidea Mortera’s substantial experience as a Diversional Therapist led her to the appointment as President of the New Zealand Society of Diversional and Recreational Therapist Inc. She currently is the National Diversional Therapist at Summerset Group Holdings Limited. Orquidea is well-recognized by the New Zealand Aged Care Association, announcing her the winner of the 2017 Community Connections Award. Orquidea was also amongst the regional medallists for the 2017 Kiwibank New Zealand local hero of the year. Orquidea has a Bachelor in International Relations (Human Rights) from the Mexican Benemerita Universidad Autonoma de Puebla.

Lisa Rudolphe



Lisa Rudolphe has significant experience professionally fundraising for non-profit organisations. She is the Head of Development for the Auckland Museum. Lisa is responsible for general management and delivery of all strategy, development and fundraising activity and management of stakeholders on behalf of Auckland Museum. Lisa previously was Manager Fundraising Special Events for the Cancer Society. In 2015 Lisa won the prestigious FINZ (Fundraising Institute of NZ) Supreme Excellence Award for Fundraising. She has also been winner of the 2015 FINZ Trust and Grants Excellence Award and winner of the 2017 FINZ Excellence in Sponsorship award.

OUR START

Setting Up

Starting a new charitable trust is a great experience, providing an enormous amount of learning and a chance to connect with many new people. However, it also requires significant time!

We appreciated the many people who willingly helped us with essential business and operational requirements, some giving their time pro bono. **Ngā mihi!**



Deciding our initial priorities

We put forward a challenging vision for our charitable trust, and so determining where to start service delivery with lean resources in itself was a challenge.

Our original intention was to start small, aiming to attract some clients to help them individually through loneliness. However, a combination of factors changed our focus.

One was better understanding the strategy of influencing change to make a more significant impact to help all New Zealanders.

Another was the Government putting in place various inquiries from April 2018 which we saw as ideal opportunities to potentially influence them on the critical issue of loneliness in New Zealand.

Thus, focusing on our national perspective became a priority.



OUR PROGRESS



Giving New Zealand a focus on conquering loneliness

One of our aims has been to give New Zealanders a focus on conquering loneliness. As described in the previous section, we considered an important step to engage with Government. We contacted politicians, and held meetings with staff from the Office of the Seniors, Office of the Chief Economic Adviser, Stats NZ, Health Promotion Agency, and with the Mental Health Commissioner.

Through these we were encouraged to contribute to discussions on, and submit formal responses to, several Government initiatives. These are listed below. In our submissions we highlighted various issues related to loneliness, putting forward some potential solutions. Our full submissions are available on request.

1. He-Ara-Oranga Mental Health and Addiction Inquiry
2. Better Later Life He Oranga Kaumātua Inquiry
3. Treasury Living Standards Framework
4. Stats NZ Indicators Aotearoa NZ Consultation
5. State Sector Act Consultation

Additionally we participated in a variety of events enabling us to highlight issues around loneliness:

- The Third International Wellbeing and Public Policy Conference, where one of our Trustees presented a poster.
- SIA hui on wellbeing and data
- Indicators Aotearoa New Zealand - Stats NZ Cross Cutting Workshop
- IANZ Indicator Selection Event



We were extremely pleased that our submissions made some impact, with loneliness now on the Government's radar. However, even though mentioned in the Budget Policy Statement 2019 that levels of loneliness needed improvement, there is no plan yet to give loneliness *in its broad context* its own agenda space - and therefore its own funding.

We will continue to be the voice advocating a population-wide cohesive approach to addressing loneliness.

Upskilling people to prevent them and others becoming lonely

Our aim is to educate our communities to understand loneliness from a wider perspective. We have absorbed the latest research in loneliness, and recognized the significant advances that would come from applying this research. We have been delighted to meet a number of New Zealand researchers, across the country, with very different interests and angles in their approach to loneliness. We have academics amongst our advisers, steering us in the right direction.

We anticipate getting to know more researchers, and continuing to use their expertise to inform our work.



Naku te rourou nau te rourou ka ora ai te iwi

We are seeking collaborative and strategic partners whose work aligns with our own vision. Together we aim to achieve the best social connectedness outcomes in New Zealand.

We have been pleased that some organisations have approached us primarily through our website. This has opened us to some creative initiatives going on in New Zealand - diverse areas such as tour operation, book authoring, urban planning. One collaboration that we are continuing exploring is a dance production on loneliness.

Before our foundation, no New Zealand organisation had a website specifically related to loneliness and its complexities. We have begun upskilling our Kiwis by providing a comprehensive website developed to include information in a person-centered context, as well as providing statistical information relevant to New Zealand.

While we have been encouraged by comments regarding the content of our website, we have experienced challenges with some operational aspects. So making it an effective speedy resource will require further work.

Loneliness not only comes about from personal circumstances that lead people to become lonely; sometimes environments are set up in a way that increases the risk of loneliness. Loneliness also affects how groups in various communities and workplaces interact with each other.

Whenever groups and organisations put in place measures to increase meaningful relationships and social connectedness, we are able to effectively prevent further loneliness.

Moving forward we intend to broaden the understanding of loneliness through relevant talks, presentations, workshops and conferences to groups in various community and commercial organisations.

We have our first such opportunity in the planning phase - taking the approach of the surprising impact of loneliness in the workplace. This will focus on the responsibility of both employers and employees to take actions, which would in all likelihood diminish loneliness and increase social connectedness - beneficial to wellbeing and productivity.

Supporting those already experiencing loneliness in their lives

We build up trust with our clients through coaching, mentoring and counselling, appreciating that many of our clients are already struggling with trust and connection issues.

Our aim is to help our clients understand loneliness, and provide the opportunity for them to look into their world in a different way - giving them insight into what they might be missing about themselves and others. We then facilitate them finding new ways of interacting with others, and experiencing solitude.

With limited resources, we have not actively sought clients, and so have felt encouraged that our website has brought people to us. Already we can see those lonely people exploring our website come from diverse backgrounds and life circumstances. We have given people struggling with loneliness a place to express themselves, and feel heard. A few have specifically been willing to explore change, and so have joined us as clients.

We use video technology so clients are in their own familiar space, while being able to have face-to-face connection.



At this stage we have not charged for services, and to continue offering this, we will need the generosity of funders and donations.

We believe we are making a difference to our clients, being heartened by their kind words.

"Appreciate your insight!"

"Your advice and support is amazing."

"I appreciate your generosity with your time."

"It's good to have another person's perspective."

"... really loved talking to you."



FINANCIALS

In this less than one full year - from late April 2018 to end March 2019 revenue generation was a low priority.

We relied entirely on funds and resources provided by Trustees. We will increase our focus on income in 2019/2020 year.

Statement of Financial Position

Our overall operating profit and loss was a deficit of \$408.

The Trust completed the year with \$540 in the ANZ bank account.

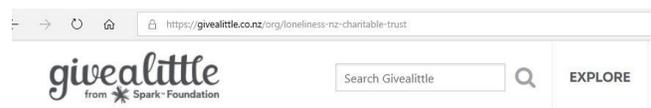
Statement of Profit And Loss

Profit and Loss Statement as at 31 March 2019	
Operating Receipts	\$4,865
Donations	4,864
Credit interest	1
Operating Payments	(\$5,271)
Bank Fees	-26
Car Park	-132
Hospitality	-229
Phone	-276
Postage	-85
Print and Copy	-928
Resource	-24
Setup	-699
Skype	-75
Stationery	-196
Travel	-1099
Website	-1501
Operating Deficit	(\$406)
Capital Receipts	\$4,200
Trustee Loan Income	4200
Capital Payments	(\$4,200)
Trustee Loan Repayment	-4200

How the funds were used

Funds for operating costs were primarily donated by Trustees, with some small (and appreciated) contributions via our GiveALittle page. Costs were kept to a minimum, doing as much in-house as possible.

- Our trustees focused on building the website primarily using free WordPress software with a few chargeable add-ons. We have been grateful to a few friends giving advice on development.
- Two trustees travelled from Auckland to Wellington on five occasions to meet with key influencers and build meaningful relationships. We were extraordinarily grateful to friends accommodating us on each occasion to keep our costs down.
- The print and copy costs were to provide good quality reports to the various Government inquiry panels, and Government ministers.



**Loneliness New Zealand
Charitable Trust**

LOOKING AHEAD

During this first year we planted seeds at Government level that the loneliness problem in New Zealand mirrors the global problem. We also provided a website as a platform for giving voice to loneliness - so that it is in the reach of all of our Kiwis to understand. Now we are ready to plan how best to nurture solutions to conquering loneliness.

However, as with any organisation, for us to make a significant enough impact, and to become sustainable, requires us being well-connected to people and to funding. We urge New Zealanders to engage with us, and be generous with gifts that can support us financially, and help us fulfil our purpose. We include some of our plans which we can practically get underway here.

Supporting vulnerable people	Upskilling those working with our vulnerable people	Advocacy for all New Zealanders
<p>We would like to be in the position to offer a free programme of one-on-one counselling and mentoring for unemployed, or low income, people from our vulnerable groups. Financial contributions would enable client access to an appropriately trained professional using video technology, ideally for at least seven sessions.</p> <p>Our point of difference is that we look to break the cycle of clients feeling like a victim that so often comes with loneliness, and help them to see ways of positively influencing relationships.</p> <p>Our aim is to have clients increasingly valuing themselves, as well as adding value to relationships of all kinds - in their homes, communities and workplaces. Success is measured by shift in thinking and the embedding of some learnings into every-day life. As our reach to lonely and vulnerable New Zealanders increases we would be looking to increase our trained professionals.</p>	<p>We would like to be able to upskill people who have an opportunity to influence meaningful relationships in our vulnerable groups. Financial contributions would enable a professional to deliver presentations, and facilitate workshops to general audiences from within these groups, and professionals who have vulnerable people in their care, or to whom they provide a service.</p> <p>Our point of difference here is that we focus how an individual becomes lonely as well as how loneliness can be triggered by different contexts, and exacerbated by group behaviours.</p> <p>Our aim is to have these groups understand both the consequences of individuals being lonely, and the consequences for the wider group. Success is measured by a high level of engagement and acceptance that each person has a role in preventing loneliness.</p>	<p>We would like our country to follow those that have already taken the global epidemic of loneliness seriously; and then take bold steps to address the problem at all stages of life - teaching children of all ages how to develop and sustain reciprocal meaningful relationships, while upskilling adults to role model social-connectedness and relationship building well.</p> <p>Our point of difference is taking a cohesive approach based on the research that loneliness is contagious and not discriminatory. Financial contributions would enable us to start by providing New Zealanders with relevant resources that have robust content.</p> <p>Our aim is to have our public fully informed. So in addition to strengthening our website, we would like to design and deliver posters, brochures, videos and adverts. Success would be measured by a high awareness of loneliness issues across the country.</p>

These three strategies combined can be a catalyst for meaningful change in New Zealand.

The wonderful part of this is the ripple effect: as each person overcomes their own loneliness and is able to contribute to better relationships amongst their friends, their family, their whānau, so progressively each positive encounter constructively influences others.

We reiterate, loneliness is every one's issue. We look forward immensely to ourselves connecting with more people - in all capacities: supporters, clients, groups to work with, other organisations to collaborate with, and those willing to fund us.

We look forward to connecting with you! Together we can conquer loneliness in New Zealand.

