



friends  
for good

# Innovation:

INITIATIVES TO ALLEVIATE LONELINESS

2019

Symposium Programme

Innovation: Initiatives to Alleviate Loneliness



Friends for Good is proud to present *Innovation: Initiatives to Alleviate Loneliness*, an exciting opportunity for academics, not-for-profits, governments and businesses to discover, discuss and contribute to initiatives tackling loneliness right now.

This symposium is a chance for you to be inspired, get connected and stay up-to-date with organisations that are addressing the needs of all people suffering from or affected by loneliness in our communities.

We welcome you to share your thoughts and experiences since the *The Australian Loneliness Dialogue 2018*, contribute your unique insight to the conversation and shape the future of loneliness initiatives across the country.

Sponsored by:



## Friends for Good sees loneliness as a critical health issue in the Australian community; one of national importance.

This significant work has been taken up in response to the loneliness experienced by all of us, ourselves, our families and friends and people we have worked with.

As we know, for some people loneliness is temporary or transient and may be a signal that we need more human connections, but for others it is chronic, becoming a serious mental health issue.

Friends for Good has begun work to understand the prevalence of loneliness in Australia by conducting the Time We Talked online survey. We have a significant online presence through social media, a blog and website where we are having the conversation about loneliness in order to break down the stigma that surrounds it.

We have begun the development of volunteer-run services including *FriendLine* (the national support line), community lunches and a letter writing service.

We have created a focus on the issue of loneliness and collaborated with academics, service providers and leaders in the loneliness space by hosting *The Australian Loneliness Dialogue*, the first national conference on loneliness. Following the conference we delivered our recommendations to government and formed *The Friendship Alliance* to work together on the issues of social isolation and loneliness.

We are working to undertake community education and research as well as developing resources and building strong networks to improve outcomes for lonely people.



# PRESENTATIONS & PANEL DISCUSSION



## Open Mic

1.05pm – 1.25pm

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**A chance to share your thoughts and experiences on how to approach loneliness.**

If you attended *The Australian Loneliness Dialogue* in November, what did you take away from that?

What has happened in your work or personal experience in relation to loneliness that you would like to share?

## Time We Talked

1.25pm – 1.40pm

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**A summary of the Time We Talked campaign that surveyed 1,745 people about loneliness.**

Research data analyst Edmond Low discusses the campaign, its findings and how the information gathered can be used in a practical sense including forming a basis for future research.

## Community Organisation Presentations

1.40pm – 2.40pm

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**We hear from community organisations that have exciting initiatives operating right now to tackle loneliness.**

Each organisation will give a brief summary of who they are, what they do and the level of contact they have with lonely people. They will also give their unique perspective on the challenges for tackling loneliness, what they have found to be successful and why. The organisations in attendance will be:



**Neighbourhood Connect (formerly Street by Street)**

Irene Opper



**Lively**

Anna Donaldson



**To Turn A Page**

Victoria Wells



**Good Karma Network**

Amy Churchouse



**RMIT University**

Leah Heiss



**Commune + Co**

Jean Darling



## How Can Community Spaces Facilitate Connection?

3.20pm – 4.20pm

A facilitated panel discussion bringing loneliness in our community spaces into focus.

Community psychologist Dr Peter Streker, Melbourne-based architect Dr David Week and urban designer Marisa Berton will be tackling some of the issues surrounding social interaction in our community such as:

*What spaces do we have that successfully help people connect?*

*What is the role of government in planning to help people reconnect?*

*What are great examples from overseas that we could use in Australia?*

*What is the psychological impact of living/working in environments that facilitate connection?*





## Dr David Week

Panellist

3.20pm – 4.20pm

**David is an award-winning architect with 40 years experience in social enterprise and design for social impact.**

He has advised on a wide variety of social development projects in Aboriginal Australia, the Pacific, Asia and Africa.

He currently consults to DFAT and the World Bank on international development projects, does research at the University of Melbourne, and holds a board role at Community Housing Limited, Australia's largest community housing organisation.



## Dr Peter Streker

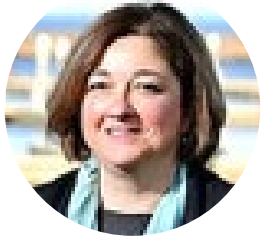
Panellist

3.20pm – 4.20pm

**Peter is a community psychologist who has worked extensively in community building.**

While coordinating the City of Port Phillip's Community Health and Wellbeing team, Peter and his team initiated a range of creative community building projects.

Peter is the Chair of the Australian Psychological Society's Community Psychology Committee and Director of Community Stars – a small business that works with Australian local communities to improve their health and wellbeing.



## Marisa Berton

Panellist

3.20pm – 4.20pm

Marisa has over 40 years experience in architecture, urban design and the interface between neighbourhoods and infrastructure.

She has won awards in urban design and has a passion for creating spaces that allow people to socialise and interact.

Marisa has worked in her own building design business and also in community advisory positions. Having recently returned from a study tour of Europe, Marisa is keen to share the inclusive and affordable housing solutions that were discovered and the social benefits they offer.



## Terence Jaensch

Panel Facilitator

Terence has worked as a creative professional across the arts, education, local government and community sectors over the past 19 years. He has also worked extensively as a workshop and strategic planning facilitator for a range of institutions and taught at a tertiary level.

# Schedule

12.30pm – 1.00pm	Registration	2.40pm – 3.10pm	Afternoon Tea
1.00pm – 1.05pm	<b>Welcome to Symposium</b> Shainal Nathoo	3.10pm – 3.20pm	<b>Designing Less Lonely Cities (Video)</b>
1.05pm – 1.25pm	<b>Open Mic</b>	3.20pm – 4.20pm	<b>How Can Community Spaces Facilitate Connection?</b> Dr David Week, Dr Peter Streker, Marisa Berton & Ternece Jaensch
1.25pm – 1.40pm	<b>Time We Talked</b> Edmond Low	4.20pm – 4.30pm	<b>Thanks and Close</b> Laura Rouhan
1.40pm – 2.40pm	<b>Community Organisation Presentations</b> Irene Opper, Anna Donaldson, Victoria Wells, Amy Churchouse, Leah Heiss & Jean Darling	4.30pm – 5.30pm	Drinks and Cheese Platters



# Important Information

## Tickets

Tickets are available at:  
[friendsforgood.org.au/SM19](https://www.friendsforgood.org.au/SM19)

Purchased tickets need to be presented upon arrival in printed or digital format. If you don't have your ticket, a photo ID will be required to verify your ticket purchase.

Tickets can be reallocated to another delegate providing Friends for Good is notified before 6 May 2019.

Cancellations can be issued providing Friends for Good is notified before 15 April 2019. A full refund will be provided less the booking fee.

## Registration

Please register upon arrival. The registration desk will be located on Level 2 of the RACV City Club and will be open from 12:30pm.

## Getting There

The RACV City Club is located at 501 Bourke Street, Melbourne, Victoria. Car parking is available at the venue at delegates' own expense.

Southern Cross train station is a nine minute walk south west. Tram lines 58, 86 and 96 stop within 200m of the venue and bus lines 207, 216, 200, 220, 232, 234, 235, 236, 250, 251 and 605 stop within 150m of the venue.

## Venue Facilities

Food and drinks are available at The Bistro (Ground Level, 6.30am – 10.30pm), The Club Conservatory (Level 1, 11.30am – 2.30pm) and the Gallery Lounge (Level 1, 9.00am – 4.30pm).

Full disability access is available at the venue.

Complimentary Wi-Fi is available via the network 'RACV Guest'.

## Food & Drinks

Tea and coffee will be available on arrival. There will be a 30 minute afternoon tea break where a classic afternoon tea will be served including tea and coffee as well as sweet and savoury hot and cold options.

Following the symposium drinks and cheese platters will be served.

Dietary requirements can be accommodated but must be advised at the time of booking. If you have already booked a ticket, Friends for Good must be advised before 6 May 2019.

## Help & Assistance

For all security concerns, please contact the concierge in the foyer of the ground floor of the RACV City Club.

For all other directions and assistance, please contact one of the volunteers at the registration desk.