

SUPPORT OUR MISSION TO TACKLE LONELINESS

HELP CREATE
CONNECTIONS THAT
CHANGE LIVES



**BE
SOMEONE** FOR
SOMEONE

Tackling loneliness
together

Initiative of

 **feros care**
GROW BOLD

IMAGINE IF YOU COULD CHANGE THE LIFE OF SOMEONE ALONE AND SUFFERING WOULD YOU?

IMAGINE FILLING SOMEONE'S LIFE WITH FRIENDSHIP, CONNECTION AND HAPPINESS

We all need someone meaningful in our lives, and to be that someone for others, too. And when our social needs aren't being met, we can experience feelings of sadness, isolation and anxiety. This is the face of loneliness – and the shocking truth is that over 80% of Australians believe our society has become a lonelier place.

ACCORDING TO RESEARCH, LONELINESS CAN BE DEADLY

Loneliness is a growing killer and at epidemic levels. Problematic loneliness doesn't discriminate, it can happen to anyone. And when it does, it can lead to addiction and chronic disease, anxiety, depression and suicide.¹ Yet improving our social connections and sense of purpose are most often, the cure people really need.

DID YOU KNOW?

1 in 4

Australian adults are lonely¹

Loneliness increases the risk of premature death by

26%²

Being lonely can be as bad for your health as smoking

15 cigarettes a day²

Greater social connections reduce the risk of early death by

50%³

1. Psychology Week (2018) Australian Loneliness Report
2. Holt-Lunstad, (2015), Valtorta et al, (2016), Hawkey et al., (2010), Lund et al., (2010), cited Campaign to End loneliness, (2018), Threat to Health.
3. Social Relationships and Mortality Risk: A Meta-analytic Review Julianne Holt-Lunstad, Timothy B. Smith, J. Bradley Layton



JOIN US ON OUR MISSION TO TACKLE LONELINESS TOGETHER

Be Someone For Someone is a charitable initiative of Feros Care. As a leading not-for-profit provider of people care, we support more than 65,000 people each year to live bold and healthy lives. We've seen the growing crisis of loneliness up close, and we have an ambitious vision to tackle it head-on. We want to bring about a world without loneliness where people feel healthier, happier and better connected.

Our mission is to:

- lead the way in raising awareness of the impacts of loneliness
- help people re-engage their innate skills of sharing and connecting
- implement and scale impactful tools and programs that create ways to connect with each other in a meaningful way
- lobby for policy, social and service reform to tackle loneliness systemically

**WILL YOU BE SOMEONE FOR SOMEONE?
READ ON TO LEARN WHY YOUR SUPPORT MATTERS**



PROGRAMS PROVEN TO TACKLE LONELINESS

At Be Someone for Someone, we know it's possible to support people to build meaningful connections so that they can live happier, healthier lives. Our impactful, 21st century programs create opportunities for people to re-connect with their community, giving them the tools and resources they need to enjoy meaningful friendships and be valued by others. Here are just two examples:

OUR VIRTUAL SOCIAL CENTRE IS TRANSFORMING LIVES

The Virtual Social Centre (VSC) is our first-of-its-kind interactive virtual community where people who are lonely or isolated are brought together over shared interests to regain social confidence, create lasting friendships and feel connected.



"More than anything the VSC made me feel wanted, a valuable member of society instead of feeling useless and that there was nothing left for me."

ANN, 74



IN GREAT COMPANY THE POWER OF ONE-TO-ONE CONNECTION

There's nothing like a friendly face to chase away loneliness, so In Great Company, matches lonely seniors who may have no family or friends with a volunteer companion, so they have someone to talk to, look forward to seeing and share community activities with.

TOGETHER WE CAN MAKE A DIFFERENCE AND ACHIEVE GREAT THINGS

With your help, we can make a difference or work toward a world without loneliness and create solutions that really work. Because of you, we can offer more places on programs like In Great Company and the Virtual Social Centre and develop new programs that help even more people out of loneliness. We can continue to advocate for the lonely and help communities work together so that no one is left to face loneliness alone.

PROGRAMS THAT WORK

"On the VSC I feel 'special'. I feel important. I don't often see other people, on the VSC I get to speak with people who know my name. It really matters to me that people say my name, they say 'hello Pat, how are you today?'" I feel cared about."

PAT, 76.
VIRTUAL SOCIAL CENTRE PARTICIPANT

"The days he [visitor Morgan] visits can't come quick enough. I come home feeling great for the rest of the day and already looking forward to his next visit."

ALAN HILL, 89
IN GREAT COMPANY PARTICIPANT

HOW YOU CAN HELP

ONE-OFF OR RECURRING DONATIONS

You can make a one-off donation now. Or, go easy on your wallet and budget a recurring donation. It's easy, efficient, and every month, someone will feel less lonely because of *you*.

Donate now at besomeoneforsomeone.org/donate

GIFT IN YOUR WILL

Leave a legacy for the future and help make loneliness a thing of the past. A gift from your Will can help reduce loneliness for generations to come.

IN MEMORIAM

What finer gift to the memory of a loved one than to spare another from loneliness in their name. You can ask for donations instead of flowers, create a tribute page or make an annual memorial gift. Remember a loved one, or be remembered, by giving a financial blessing that brings hope and friendship.

BECOME A CORPORATE PARTNER

Let your brand make a critical contribution to one of the most significant social issues of this century. Learn how your brand can take a stand in the fight against loneliness. Your valuable support can come in many forms, including financial contributions to fund impactful programs, professional expertise, advocacy, referrals and volunteering.

WORKPLACE GIVING

Offering a tax-efficient Workplace Giving program builds team culture and helps employees give back. We can show you how to set one up or introduce you to other organisations happy to share their success stories.

VOLUNTEER

Donate your time and find out how wonderful it feels to make a difference. Our volunteer companionship program, In Great Company, matches people with shared interests to spend time together and make lasting friendships.

For more information and to find easy ways to pledge your support, visit besomeoneforsomeone.org/donate



TAILORED SUPPORT

We can work with you or your business and tailor the way your gift can be put to work. Contact us today.

YOU CAN FIND OUR CONTACT
DETAILS ON THE BACK COVER.

DONATE NOW AT

BESOMEONEFOR SOMEONE.ORG/DONATE



**BE
SOMEONE** FOR
SOMEONE

Tackling loneliness
together

Initiative of



 **1300 763 583**

 besomeoneforsomeone.org/donate

 [instagram.com/besomeoneforsomeone](https://www.instagram.com/besomeoneforsomeone)

 [facebook.com/besomeoneforsomeone](https://www.facebook.com/besomeoneforsomeone)