

00:22:30 Liam Carter (Australia Institute): Hi all - Liam from The Australia Institute here. Thanks for joining us today. Looking forward to a great webinar!

00:22:47 Liam Carter (Australia Institute): A little reminder, the chat has options for 'all panellists' or 'all panellists and attendees'. Choose the latter option to participate in the chat with everyone.

Also, use the Q&A function to submit questions for the panel to answer live!

00:23:17 Margaret Blanch: Good morning from Warnbro in WA!

00:24:15 Renee McLean: Hi from Raworth NSW, Wonarrua country

00:26:01 Fred Sim: Kaya from Nyoongar country over West

00:26:32 Robynne Burchell: Good morning from Ngarigo country

00:26:40 Dariusz Lechański: Hi from Wroclaw/ Poland

00:30:54 Fred Sim: Inequality really prohibits access to social connections and groups

00:32:55 Sandra Zambon: Good morning from Melbourne Vic Australia

00:33:22 Liam Carter (Australia Institute): The Helen Clarke Foundation's research is available here, including their new report 'Still Alone Together': <https://helenclark.foundation/our-impact/>

00:37:31 Michelle Lim: The NZ data mirror what we find in Australian data. Both unemployed and lower socioeconomic background groups are most vulnerable.

00:39:46 Renee McLean: Can someone please write up those 6 things on the chat

00:40:09 Renee McLean: 1. Make sure people have enough money

00:40:20 Renee McLean: 2. Help communities do their magic

00:40:27 Renee McLean: then what?

00:40:44 Fred Sim: Digital Divide

00:40:48 Fred Sim: Urban Form

00:41:12 Fred Sim: Identifying most at risk groups/targeted interventions

00:41:21 Duncan Bainbridge: City shaping is crucial to community and communication

00:41:25 Renee McLean: thanks

00:41:26 Genevieve Dingle: 3. Close the digital divide 4. Prioritise lonely younger and older people 5. Create friendly streets and neighbourhoods 6. Invest in front line mental health services

00:42:45 Peter Walters: Property developers and local councils need to be held to greater account to build socially conducive spaces.

00:43:12 Orquidea Tamayo Mortera: Invest in Diversional and Recreational Therapy Services, not just mental health in general - target funding is need it for services that will meet the person needs. Therapeutic recreation focuses on social connections, social spaces, etc.

00:43:16 Katherine Errington: 4. Is 'prioritise those already lonely'

00:44:15 Duncan Bainbridge: A sense of civic duty should be a part of all provision of planning permission

00:44:57 Orquidea Tamayo Mortera: 'All people lonely', not just young, immigrants, big emphasis on seniors over 75.

00:46:22 Fred Sim: Orquidea - I hear ya, especially in aged care. We can all make a small difference

00:46:57 Orquidea Tamayo Mortera: Totally :)

00:47:43 Duncan Bainbridge: Lack of employment is a key driver of feelings of loneliness and isolation

00:47:45 Sandra Zambon: For sure:)

00:48:02 John Scoble: Yes Holly. Do "with" the lonely, rather than "to"

00:48:02 Peter Walters: A lot of students isolated by covid - online learning is an isolating experience for many

00:48:28 Sandra Zambon: For sure:)

00:48:30 Renee McLean: Something I see a lot of as a person with disability, is that their are people who are socially wealthy, who feel over run and time poor, and then people who are very lonely and isolated, and their is a great gulf in between. People who are too busy are scared of the lonliness of others, as it seems like more demands on their time.

00:49:20 Duncan Bainbridge: Being forced to live on welfare below the poverty line is soul destroying

00:49:26 Peter Walters: Great observation Renee

00:49:58 Alana Storey: Not a problem look forward to hearing from you and seeing it.

00:51:00 Alana Storey: I absolutely agree Renee, It often seems that people are on one end of the scale or the other and not many in the in between

00:51:25 Duncan Bainbridge: Where can we find this AI research into the affects of the level of jobseeker?

00:52:47 Marilyn Marshall:I believe that Loneliness in Rural Communities is often under-reported/disclosed.

00:53:15 Liam Carter (Australia Institute): Hi Duncan, here is some recent research on poverty and Jobseeker by our senior economist: <https://australiainstitute.org.au/report/opportunity-lost/>

00:54:35 Fred Sim: In my own reflections on loneliness, the distinctive feature of loneliness versus say solitude, is choice (or lack there of). Inequality, physical space, etc impact choice

00:54:56 John Butler: Some older folk seem to crave to be alone? Is this a problem or do they really 'don't want to be a burden...'?
Many don't have or trust electronic devices, access to the internet etc?

00:56:19 Fred Sim: On that note, it's National Volunteers Week by the way

00:57:38 Marilyn Marshall: Fred and John et al --- personal choice is the key. Asking older people how they can best be supported is always wise.

00:57:55 Margaret Blanch: Yes Fred, volunteers in Australia play a huge role in helping those who are lonely.

00:59:18 Duncan Bainbridge: Grief affects younger people too

01:00:58 Margaret Blanch: Technology is a tool - not the solution

01:01:04 Alana Storey: Younger people are also effected by things like moving out of home, moving somewhere new in order to get their first job out of uni creating a lose of their previously held connections and that can sometimes lead to difficulty being able to create new ones.

01:02:19 John Scoble: yes Alana, particularly country kids moving to Unis In the city

01:02:24 Sandra Zambon: well said:)

01:08:17 Fred Sim: Anecdotally in conversations with friends, all of us who have lived in various physical settings - single dwellings, apartments, group villas etc - even though apartments are so close together, all of us knew less of our neighbours!

01:13:02 Leonie Lane: In my town in Central Queensland there are few services especially for the young, little public transport, communication problems since NBN, exacerbated by poverty of many residents. Currently our town is even out of water. All of this contributes to anxiety and loneliness!

01:17:04 Renee McLean: Re: grief NAGLAG has training to become a volunteer to support people grieving in the community. There's some training coming up later this year.

01:18:19 Renee McLean: Wait a minute! NALAG www.nalag.org.au

01:19:29 Michelle Lim: For those who are interested, you can join Ending Loneliness Together. <https://endingloneliness.com.au>

01:20:06 Liam Carter (Australia Institute): Thanks to all for joining us today and for participating in a fascinating discussion! For details about upcoming webinars and to book head to https://nb.tai.org.au/webinar_series

At the bottom of the page you can view our previous webinars in full if you missed any – including this one when it is uploaded soon. Thanks again for joining us!

01:20:10 Elizabeth Prime: A very enlightening discussion, thankyou to all panellists.

01:20:20 Margaret Blanch: Thank you for a fantastic session

01:20:44 Genevieve Dingle: Thanks to the panellists and the AI for focus on loneliness

01:21:46 Sandra Zambon: Thankyou for a fantastic session