



## LONELINESS AND CONNECTION EDUCATION PROGRAM

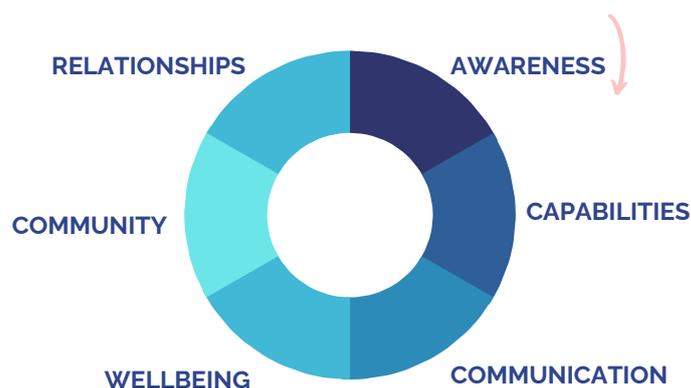


### OVERVIEW

Our Education Program focuses on:

- Isolation, loneliness and connection
- Cohorts most at risk and why
- Identifying isolation and loneliness in self and others
- Connectivity in the class and school community
- Connection in the wider community
- Communication awareness and capabilities
- Mental Health & Wellbeing
- How to help others

### OUTCOMES



### WHAT CONNECTED AU DELIVERS:

Our impactful Education Program teaches students about the concept and value of connection, the issue and impact of loneliness and isolation, and the skills and drive to live a connected life. The program combines learning with practical activities and real community impact.



letterbox  
PROJECT

PROUDLY SUPPORTED BY OUR HEALTH CARE AT HOME PARTNER

# EDUCATION PROGRAM



## YOUTH MENTAL HEALTH AND CONNECTEDNESS



1 in 2 young people



1 in 6 adolescents



1 in 3 young adults

report feeling lonely either sometimes or always.



18%  
depression



12% social  
anxiety

young people experiencing loneliness have a higher risk of mental ill health



Loneliness is linked to an increased risk of heart disease, stroke, high blood pressure, cancer, diabetes, Alzheimer's disease and other neurodegenerative diseases.



Loneliness is an equal risk factor for mortality as smoking and obesity.



Loneliness costs Australia \$2.7bn each year.



The overall average cost associated with each lonely person in Australia is \$1,565 a year.

### WORKSHOP/PRESENTATION

We deliver an engaging, interactive and fun presentation for students involving learning, slideshows, group conversation, quizzes, prizes.

### RESOURCES

Following the workshop we provide resources for further learning, learning, as well as resources for the following practical letter writing activity.

### VOLUNTEERING

On completion of the program students and staff are provided the opportunity to participate in our volunteer program, The Letterbox Project.



# Letterbox Project

Students and staff participate in our Letterbox Project and revisit the art of handwritten letters by building ties with their community. Students write letters to aged care facilities, disability facilities and other schools.

The program is an invaluable way of teaching children about connection and mental wellbeing, breaking down stereotypes and fostering intergenerational connection.

## What is The Letterbox Project?

The letterbox project is our flagship program. It is a national pen pal program fostering connection and community, with handwritten letters being sent across Australia to people feeling isolated and disconnected. Our Letterbox Project is the only national program with management and safety embedded. We do not share any identifiable information, and all letters are vetted by our team.

- Over 500 letters sent each week (vetted by our team)
- Over 65,000 letters sent over the last two years
- Over 25,000 individuals registered to write
- Over 451 schools and businesses writing



## How does it work?

This volunteer program is a one-off participation activity connecting students to an aged care resident. Students are invited to write a letter to send to their allocated aged care residents.



- Students can create cards with accompanying letters, art, craft.
- Some schools participate as a special event and use the opportunity to facilitate peer/team building and pastoral care.
- Once complete, cards/letters are posted to our head office. We then approve and distribute them to recipients (usually all over the country).
- We provide writing material for the letters, as well as resources and material to help you get started and share within your community, including a user guide, certificate of appreciation, welcome letter, marketing copy, social media tiles, images



# FEES

We are committed to making our education program as accessible as possible and have a number of options available for schools and community groups.

OPTION 1	OPTION 2	OPTION 3 - tailored program
In-person Workshop/Presentation	Digital Program (digital presentation and learning)	
In-person workshop Resources and writing materials Staff support during Letterbox		
Letterbox Project Access	Letterbox Project Access	
Cost: \$7,500 (excluding GST)	\$2,200(excluding GST)	on enquiry

## CONTACT

To learn more about our education programs or to confirm your school's involvement please contact our team [community@connectedau.com.au](mailto:community@connectedau.com.au)