

Belonging on a budget

Life is costly, particularly around the holiday period. This can impact opportunities to build or nurture meaningful and healthy social connections.

From the people we surveyed*:

- ➔ Almost 3 in 4 said **money has been a barrier** to forming connections
- ➔ Almost 3 in 4 people said **free or low-cost opportunities** for connection would help reduce their loneliness

We asked our community to share low or no-cost ideas that have helped them connect with others. In some cases, they've even led to lifelong friendships!

VISIT PET PARKS

If you have a dog or pet, visit your pet-friendly park and let them take the first step for you. While they're sniffing or exploring other furry friends, you can start a conversation with their owner.



EXPLORE LOCAL

Check bulletin boards and emails from local councils and local libraries for free events such as cultural festivals, public talks, art exhibitions, book clubs and group outings.

EXERCISE GROUP

Do you like to cycle, run, walk or swim? Local exercise groups are casual and meet on a regular basis to sweat it out together. They usually end with a cool down and chat – creating a great opportunity to meet new people.



VOLUNTEER

It's a busy time and many organisations can use a helping hand. Whether it's a local food bank, a charity event, or a community project, volunteering not only feels rewarding but also offers a chance to bond with others over shared goals.



Relationships Australia



*This survey was sent to Ending Loneliness Together members and Lived Experience panel.

ONLINE GROUPS

Join online groups such as meetup and community facebook groups. It's a great way to hear about activities and opportunities in your neighbourhood to meet likeminded people.



SHARE A MEAL WITH NEIGHBOURS

Rather than a quick 'hello', make the time to get to know your neighbours. It doesn't need to be costly, everyone can bring a dish and share conversation over food.

SHARE YOUR '2 CENTS'

Follow **Ending Loneliness Together** and **Neighbours Every Day** on Facebook, Instagram or LinkedIn to see more ideas for cost-free connection activities and let us know what's worked for you.



My son was very lonely after a relationship breakdown and was also financially stressed. He joined a walking group through work and made several meaningful friendships. One is now his partner.



I joined a veteran facebook group to connect with likeminded people. It has led to in person catch ups and good friendships.



HOSTING A FREE EVENT?

Share your initiative or event on social media and use the hashtag **#belongingonabudget**

If you're a service or community group that's open during holiday periods[, add your details to our national directory so local community members can find you: www.endingloneliness.com.au/search

GET SUPPORT NOW

If you're concerned about the safety of yourself or someone you know, we encourage you to seek professional support.

Visit: www.endingloneliness.com.au/get-support