



NZSDRT Inc.
West Auckland Support Group Presents:

'Conquering loneliness in New Zealand improves the wellbeing of our population'



By Cathy Comber
Founder, CEO and Trustee for Loneliness New Zealand Charitable Trust

The current model of dealing with loneliness is fragmented. The issue of loneliness is dispersed over many Government Ministries, making a whole of Government response challenging. Furthermore, non-profit organisations address loneliness as one of several activities, typically as social buddy or help-lines in a crisis response.

While this will relieve some loneliness, a more effective long-term solution, providing some prevention and early intervention for New Zealand's mental health system, is to work through the root cause of loneliness in individuals and upskill individuals to prevent loneliness in the first place.

About the Presenter:

Cathy is passionate about empowering people to grow. She has been dedicated to uplifting individuals –in their personal lives, and their careers; and to bringing out the best in teams. She has significant experience in the senior management of large organisations. She contributed to Lifeline Aotearoa for over seven years; she has been a trustee, and Chairperson, of LifeKidz Charitable Trust and is currently a Trustee on the Board for TalkLink Trust.

Thursday, 22nd August
BUPA Sunset, 117/123 Boundary Rd, Blockhouse Bay
RSVP, Spaces are limited by Email: tkms@xtra.co.nz
\$3 per person