

INTOUCH INITIATIVE

Creating improved connections



Social isolation and loneliness have been linked to poor mental and physical health across the world, and in our local communities.

Carers Victoria and North West Melbourne Primary Health Network have recognised this link and want to work with **YOU** to design an innovative program to tackle these issues.

If you would like to have a voice in the design of a program, and/or be part of the program, please see below.



HAVE YOUR SAY ONLINE SURVEY

If you live in Victoria you can choose to complete a short 20 minute survey that asks for your thoughts on social connectedness, loneliness and social isolation.

Complete the
online survey

[www.surveymonkey.com/r/
VSQPSB](http://www.surveymonkey.com/r/VSQPSB)



DESIGN THE IN-TOUCH PROGRAM

If you are a carer¹ or interested in supporting carers, you can be a part of a workshop to help design a program for those who are feeling disconnected, lonely or isolated.

Workshops are four hours in duration and being run on November 14, 19, 21 or 23.

Register your interest
in designing

Complete the survey
[www.surveymonkey.com/r/
VSQPSB](http://www.surveymonkey.com/r/VSQPSB)
and provide your details



PARTICIPATE IN THE IN-TOUCH PROGRAM

If you are a carer between the ages of 15-25 years or 40-65 years² and live in the Hume or Wyndham council areas, you can choose to participate in this program.

Once the program is designed we will be trialling it throughout 2020.

Register your interest
in participating

intouch@carersvictoria.org.au

1. A carer is someone who provides emotional or day to day support to a family member or friend.
2. High rates of disconnection have been identified in the age groups selected for the program.



Creating improved connections

FOR FURTHER INFORMATION

T 1800 514 845
E intouch@carersvictoria.org.au
W www.carersvictoria.org.au/intouch

