



Internationally loneliness is recognised as an emerging public health issue.

As humans are essentially social animals, we have an innate need to belong to a group, to form meaningful connections with others.

Loneliness results when these needs are unmet.

One in six Australians is experiencing emotional loneliness; that is, they don't have enough meaningful relationships in their lives to sustain and nurture them, particularly through difficult times.

## Loneliness, Isolation and Visiting

You are invited to a Catholic Outreach Network morning

Following the **Day of Reflection, Information and Fellowship** for Catholic Outreach Parish Pastoral Care Program Coordinators in October 2019, a network morning commencing with morning tea will be held on **Thursday, 12 March 2020** from **10.00am to 12.00pm** at **St Benedict's Church Parish Centre, 115 Ardross St, Ardross**.

This is an opportunity for Coordinators of Catholic Outreach Parish Pastoral Care Programs and interested parties from parishes in the southern suburbs to catch up (whether they attended the Reflection Day or not), revisit some of the information regarding loneliness and social isolation presented at the Coordinators' Day and to share ideas about their Parish Pastoral Care Programs.

**RSVP by 10 March - 9422 7920, 0400 401 622 or [outreach@perthcatholic.org.au](mailto:outreach@perthcatholic.org.au)**

Looking forward to seeing you on the day.

My warmest regards

*Marietta*

(Director)



**Catholic Outreach**  
**Care Concern Service**  
...helping you help others