Social connection with purpose



Why this is important

Social connections with purpose are targeted, goal orientated community activities that aim to support meaningful interactions between people, based on common interests. When people form strong social connections, they tend to have better overall health outcomes. Strong social connections create more trusting and cooperative relationships, which are essential for mental wellbeing. Purposeful social connections foster a sense of belonging and support within the community, which enhances resilience and makes it easier to face challenges together. Connecting with diverse groups promotes inclusivity and equality, ensuring everyone feels valued and belongs.

Existing evidence tells us that:

- 24% report experiencing loneliness
- 12% felt they don't have opportunities to connect with others
- 10% don't feel part of the local community
- Banyule residents rated their local area's social cohesion, including aspects like multicultural acceptance and religious harmony, at an average of 6.7 out of 10 which is slightly below the Victoria-wide average of 6.8 out of 10 (Living in Banyule, 2023)
- Residents rated their current social wellbeing at an average of 7.4 out of 10. Looking ahead, 19% expect their social wellbeing to improve in the next 12 months, while 7% anticipate it will decline (Living in Banyule, 2023)

Our community have told us they want

- Culturally safe, inclusive and accessible places and spaces for the community to meet, connect, learn, grow, and experience community life
- Support to foster a thriving culture of volunteerism in Banyule
- Opportunities to exchange knowledge, skills and ideas
- Local community activities that are inclusive or tailored to specific population groups
- Opportunities to celebrate difference and diversity

Objectives for social connection with purpose

- Actively support First Nations self-determination
- Support for people to form relationships and express themselves
- Targeted social connection and belonging initiatives
- Intergenerational intracultural and intercultural connections