

TARGETTING LONELINESS

The *St Vincent de Paul Society* is targeting loneliness through a new Newcastle program called **Compeer**.



Sadly many people who experience a mental illness also experience loneliness. Stigma and misconceptions can push those that were once close far away. Unfortunately this is not only devastating for the person experiencing mental illness but also hinders their recovery. Compeer aims to improve the quality of life and self-esteem of these adults through one-to-one friendships with caring volunteers.

The Hunter region has so many people that are lonely and in need of support, unfortunately we do not have the volunteer resources as yet to match all the clients that come to the program with a friend. Therefore I am asking that you embrace this wonderful program and support the St Vincent de Paul Society by offering an hour of your time each week in friendship with another person. Please call Natalie Pittman (Compeer Newcastle Coordinator) on 40323582 or email compeernewcastle@vinnies.org.au, if you are interested in being a part of this innovative program.



A Compeer client explained “my world had fallen apart and I felt deserted. My Compeer volunteer was a sudden light in a seemingly endless dark tunnel. These days I am so much better and she is a huge part of that”.