

Inquiry into Social Isolation and Loneliness

Submission Template - Individual Experience

The Committee invites submissions addressing any aspect of the terms of reference, from all interested parties.

Submissions don't need to be perfectly formatted, it can be as simple as sending an email. It's basically anything written or recorded about your experience or story. The most important part is that the Committee hears from people who are socially isolated or lonely, and those who support them.

To make it easy we've put together a few guide questions below to help you formulate your submission. You can simply answer the relevant questions provided, or use the questions to guide your own story.

The closing date for written submissions is **5:00pm, Wednesday 18 August 2021**.

1. What has been your experience of being socially isolated or lonely? What were the circumstances around becoming socially isolated or lonely?
2. What sort of support do you think would be helpful to you when you are experiencing loneliness and isolation? Has anything you tried worked to reduce feelings of isolation? *This can be any kind of support eg Family, Friends, Community, Government support, guidance, advice etc?*
3. Do you feel there are barriers to overcoming feelings of social isolation and loneliness? If so, can you explain what they are for you? *Please write as many as you like and it can be any kind of barrier you feel such as personal, social, technology, cost, access.*
4. Did the COVID-19 pandemic affect you and your situation with social isolation and loneliness? Can you explain how it affected you?
5. Are there any other experiences you'd like to share?

Submissions should include:

- The author's name and signature (signature is not required if it is sent via an email)
- mailing address **or** email address and
- daytime telephone number.

Please note: If the submission is made on behalf of an organisation, the level of approval (e.g. a local branch, executive committee or national organisation).

Please ensure your submission includes the above forms of identification or it may not be considered by the committee.

Submission needs to be sent to:

Email: CSSC@parliament.qld.gov.au and;

CC'd to kira@qldcommunityalliance.org

OR POST TO:

Committee Secretary
Community Support and Services Committee
Parliament House
George Street
Brisbane Qld 4000