The community you want starts at your front door™

#NeighbourDay
“Being by nature ‘social creatures’, we need to feel that we belong to strong communities, but those communities also need us.

Neighbourhoods, communities – even entire societies – can lose their ‘soul’ unless community-minded people are prepared to become involved in the life of the local community.

It’s up to each one of us to take responsibility for the places where we live by engaging, volunteering, joining up and joining in.”

Neighbour Day Ambassador
Hugh Mackay AO
We feel better when we belong.
Research tells us that:

Social exclusion and loneliness are detrimental to mental and physical health.

Social connection and friendships are linked to good physical and mental wellbeing.

Sources: Neighbour Day | Resources | Research
In any given year, 1 in 10 people will experience a period of loneliness.

Source: beyondblue
Connections matter.

Strong ties with family, friends and the community provide people with happiness, security, support and a sense of purpose.

Research shows that being connected to others is important for mental wellbeing and can be a protective factor against anxiety and depression.

Source: beyondblue (2016), Connections Matter: Helping older people stay social active.
People who are socially isolated, or do not have good quality social support, are at greater risk of dying earlier than those with good social connections.
Loneliness is experienced by people across the age and social spectrum, including young people, people living with their partners and families, and even people surrounded by others in the workplace.
‘Community’, and ‘neighbourhood’ mean so much more than ‘the people who live close by’.

These words really mean quality relationships and connections that support and enrich our lives.
Safe communities are built on trust.

When we know the people who live nearby, we’re more likely to trust them and build a relationship.
Our environments shape our health and wellbeing.

The daily experience of raising children can be enriched by a safe, tight-knit and friendly local community.
Create Connections

neighbour day
Sunday 29 March 2020

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#NeighbourDay

www.neighbourday.org
@NeighbourDay
facebook.com/neighbourday
instagram.com/neighbourday

Relationships Australia
www.relationships.org.au
Neighbour Day is Australia’s annual celebration of community, encouraging people to connect with those who live in their neighbourhood.
The principal aim of Neighbour Day is to build better relationships with the people who live around us, especially the vulnerable and elderly.
Whether a cuppa, a picnic in the park, or a message of support, Neighbour Day is the perfect opportunity to create connections with those who live nearby ... and in your local community.
“I had always wanted to have a connected neighbourhood but didn’t really know where to start.

Neighbour Day gave me ideas, tools and an excuse to get on with it.”

Neighbour Day host
Relationships Australia sees Neighbour Day as an ongoing opportunity to remind people about the importance of community connection in their lives.

We also encourage people to pitch in and help create a well-connected neighbourhood.
Top 5 reasons people why like being involved with Neighbour Day…

1. Get to know my neighbours
2. Help create a strong community
3. Fun, enjoyment, celebration, hangout
4. Raise awareness of the importance of neighbours
5. Opportunity to learn and discuss what is happening in my neighbourhood
“Connections are made and friendships grow as a result, … plus the young connect with older people and everyone develops a greater sense of community belonging.”

Neighbour Day host
What effects does Neighbour Day have?

- Attending a Neighbour Day event often leads to people joining existing community groups, or organising their own groups and events;

- Participating in Neighbour Day creates new relationships, renews past relationships, and deepens existing relationships;

- Neighbour Day helps create ongoing and enduring connections between people and their communities; and

- Continued interaction after the event often leads to increased neighbourhood trust which in turn leads to neighbours experiencing a greater sense of safety in their neighbourhood, and offering support to each other.

Source: Swinburne University of Technology Report Neighbour Day 2018
Initial findings from Neighbour Day 2019 indicate that after people hosted an event or took some neighbourly action, they experienced:

- an increased sense of identification with their neighbourhood;
- an increased sense of belonging; and
- perceived their neighbourhood environment more positively.

Source: ANU Neighbour Day Evaluation Report 2019
Impact

• creates connections
• helps improve mental health and wellbeing
• builds and strengthens communities
Key stakeholders

- Neighbour Day Ambassadors
- Very Neighbourly Organisations
- local councils & shires
- non-government & community organisations
- state, territory & federal governments
- businesses
- local champions
- individuals
2020 theme: Social Connection

Create connections

#NeighbourDay
Encouraging social connection is the essence of Neighbour Day every day.

During our 2020 campaign, Neighbour Day will be actively encouraging Australians to realise the social, emotional and mental benefits of connecting with others and joining and taking part in social groups.
A sense of belonging and connectedness in neighbourhoods can come from a large range of shared interests and activities.
## Campaign timeline

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
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<tbody>
<tr>
<td>1 Oct 2019</td>
<td>Website updated, free e-kits available &amp; online registrations open</td>
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<tr>
<td></td>
<td>Postcard sent to Mayors of all councils and shires encouraging them to utilise Neighbour Day in their community development activities</td>
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<td>Oct 2019</td>
<td>ND2019 Campaign Deck shared with stakeholders &amp; website</td>
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<tr>
<td>28 Jan 2020</td>
<td>Launch ‘Tell Us Your Story’ competition - ‘Create Connections’</td>
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<tr>
<td>2 Mar 2020</td>
<td>Soft launch of The Café Conversations Project</td>
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<td></td>
<td>Project runs throughout March and beyond!</td>
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<tr>
<td>4 Mar 2020</td>
<td>Tell Us Your Story winners announced and stories shared</td>
</tr>
<tr>
<td>29 Mar 2020</td>
<td>Neighbour Day – Last Sunday in March – national celebration of community</td>
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January 2020, our campaign activities will promote simple and easy ways to socially connect with others. We will share ideas and stories of how to create new friendships, groups and a sense of community.

February 2020, we will be encouraging the community to share their stories of how they have created a connection with others in their neighbourhood through our Tell Us Your Story competition. We will also be challenging the community to find the courage to connect with others in their neighbourhood.

March 2020, we will launch The Café Conversations Project, roll out our Very Neighbourly tips to create connections in 2020, and commence community service announcements on community radio.
Get involved

We work with like-minded organisations and businesses across Australia to help spread the neighbourly ethos to every day of the year.

To get involved visit www.neighbourday.org
Watch our Community Service Announcement

To become a supporter contact:
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