



Don't forget your elderly neighbours this festive season

Communities across Australia are being encouraged to think about elderly and vulnerable residents who live alone this festive season as the mercury begins to rise and summer takes hold.

“Christmas and the New Year is a time for celebration with temperatures reaching in to the mid-to-high 30’s making it perfect to hit the beach or have a bbq at home,” said Neighbour Day founder Andrew Heslop.

“Inviting the neighbours over for a cold beer or a glass of sparkling is a great idea to thank them for watering the pot plants, clearing out the letter box or minding the dog during the year.

“But as the summer party season gets in to full swing we need to remember older people are vulnerable in hot weather. Many pensioners cannot afford air-conditioning or are scared to use it because of the high cost of electricity on their tight budgets.

“So on very hot days it’s a good idea to check up on them to make sure they are okay.

“Drop by in the morning and in the cool of the evening to see how they are. Give them your mobile phone number so they know they can contact you in an emergency.

“It doesn’t take much effort but taking the time to check up on older residents who live nearby makes you a great neighbour. It may also help save a life when those hot summer days arrive,” Andrew said.

Neighbour Day, Australia’s national day to develop better relationships with the people who live around us, is always held on the last Sunday in March every year (Sunday 29th March 2009).

For more information visit www.neighbourday.org

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