



Extending the festive cheer to elderly neighbours

Australians are being encouraged to consider elderly, vulnerable and single neighbours living alone during celebrations over Christmas and the New Year.

"There are many older and isolated people in our communities who will not have anyone to share this season of goodwill," said Neighbour Day founder Andrew Heslop.

"While we're focused on buying the perfect gifts and cooking the perfect meal there will sadly be people in our streets and towns who will be facing a very lonely holiday period - without visitors or anyone special to celebrate with.

"So why not invite your neighbour to your Christmas lunch or take them some of your delicious food so they too can share the festive spirit? It's a small gesture that is certain to bring a smile this holiday season," Andrew said.

With the rush to plan for New Year's Eve parties at home also underway, it's also the perfect time to include those who live around us.

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

"It's easy to forget about neighbours until something goes wrong but strong and positive relationships are the foundations for vibrant, sustainable communities all year round," Andrew added.

Neighbour Day, Australia's annual celebration of community, is held on the final Sunday in March every year. The 8th Neighbour Day will be held on Sunday 28th March 2010.

For more information visit www.neighbourday.org

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