neighbour day

#CreativeConnections Tips

Socially distancing @home

1. **Nextdoor The Neighbourhood Hub** is another way to help you to stay connected during these challenging times. Check them out at https://au.nextdoor.com/

2. **Ask R U OK?** Staying connected is more important than ever. A conversation could change a life.

3. **Show the world that we are connected** and there for each other. Post your pic with the Neighbour Day selfie-sign and tag @neighbourday

4. **Share your #creativeconnections tip** and help others #createconnections

5. **Share neighbourly messages** on your social media accounts.

6. **Chat [or sing or play I-Spy!] over or through the fence** OR from balcony to balcony, verandah to verandah - AND you can still keep your social distance!

7. **Virtual morning tea.** Grab cuppa, and telephone or video call to connect.

8. **Post status or notices on community boards** offering to drop off groceries and do errands for elderly or disabled people who can't get to the shops at the moment.

9. **Host a virtual dinner [video chat].** Make a yummy meal. Invite your friends and neighbours to do the same. Get together 'virtually' to enjoy your meals and conversations.

10. **Host a virtual dance party.** Invite your friends and neighbours to 'virtually join' you for a party. Put on your dancing shoes and dance till you drop - on a video chat platform.

11. **Virtual happy hour**. Grab your favourite beverage and some snacks. Relax with friends on video chat after a hard day of social distancing.

12. **Chat over (through!) the neighbouring fence.** Remember to keep your distance.

13. **Smile, wave and say g'day** when you see people – at a distance! It will probably make their day.

14. **Do a free course online** with MOOC. MOOC is a Massive Open Online Course and are free and available to anyone.

15. **Try new things online**. Fitness workouts. Yoga. Cooking classes. Learn a new skill.

16. **Things you can do when self-isolating.** Maintain a daily routine. Exercise - yoga, dancing, fitness. Cooking - get creative in the kitchen and learn new recipes. Play games, board games, cards, make up your own.

17. **More things you can do when self-isolating.** Get crafty - painting, drawing. Clean the house. Connect with others – phone, chat, video chat. Don't watch too much news or social media news. Read books, write a journal / blog or actual letters(!)

18. **Take a leaf out of Pub Choir's book** and also our neighbours in Italy. Start singing [or playing music] with your neighbours [at a distance!] – from your balcony, your verandah, your yard, or from your couch online!

19. **Join or create a Facebook group** such as Coronavirus outreach groups**.**

20. **Join a Mutual Aid group** or start one.

21. **Use apps to plan out your support network** during difficult times E.g. https://www.bemyeyes.com/ to help disabled people and https://gathermycrew.org.au or organise.

22. **Offer to walk your neighbour's dog** if your neighbour needs to self-isolate.

23. **Remember to regularly check in on your neighbours** by phone or via text.

24. **Driveway drinks or dinner.** Pick a time. Grab a table and a few chairs. Set up in your driveway. Have a drink or dinner 'with' your neighbours across the street or next door. Wave, chat, and 'get together' - from a distance.

25. **Share your neighbourly #CreativeConnections tips** with us!