



Relationships Australia's update on Neighbour Day 2020 in response to COVID19

9 April 2020

Every day is neighbour day.

Relationships Australia acknowledges that right across the country, Australians are facing unprecedented times. We are in the middle of a worldwide pandemic and while the strength we draw from each other, from our relationships and our wider communities, has never been more important, we appreciate that changing conditions, and new directives from government, have necessitated a shift in the way we interact.

Neighbour Day 2020 took place on Sunday 29 March, providing all Australians with an opportunity to build creative connections within their neighbourhoods and wider communities. Relationships Australia firmly believes in the power of the Australia community to support its most vulnerable, to tackle loneliness and, together to ensure healthy and safe relationships throughout the pandemic, and beyond.

We want to remind all Australians that social connections and support are even more important as the country grapples with extended periods of isolation, physical distancing measures and a re-think of how we operate our day-to-day lives. Neighbour Day 2020 provides us with an opportunity to expand our connections and understanding of community and 'neighbours'.

In doing so, we stress the importance of adhering to government requirements and guidelines that are designed to stop the spread of COVID-19. We recommend that people make themselves aware of the public health authorities' advice. Visit <https://www.health.gov.au/> to stay up to date and informed, so that you can keep yourselves and your neighbourhood healthy. Also consult the [World Health Organisation's guidelines](#) and the advice of Australia's Chief Medical Officer (CMO) and each respective state and territory's CMOs will help people make informed decisions.

Neighbour Day is a catalyst to encourage people across all communities to build and strengthen their social connections throughout the year. While getting together physically at this time is not safe, we encourage everyone to be creative and find other ways to connect and engage with their neighbours and communities. For example, this could be online/virtual connections or small acts of kindness such as leaving calling or connection cards with a kind message and your phone number for those who are isolated, so that they can call you for a chat. In all you do, remember the importance of maintaining strict physical distancing, personal hygiene and other key actions to prevent the spread of COVID-19.

Relationships Australia has published a range of opportunities to make [#creativeconnections](#) on our website and will continue providing ideas and tips on Neighbour Day social media channels to help people create connections that do not require neighbours to engage in person.

We encourage building positive and sustainable social connections, in whatever form resonates with individuals and the communities of which they are a part.

From the Neighbour Day team at Relationships Australia

The community you want
starts at your front door™

neighbourday.org

🐦 @NeighbourDay 📌 /neighbourday