



25 #CreativeConnections Tips to try @home [social/physical distancing]

1. **Share neighbourly messages of support and thanks** on your social media accounts – especially to people in lockdown or hotspots.
2. **Take advantage of the cooler weather** and staying at home. Why not beat the rush and celebrate Christmas now or whatever holiday you prefer!
3. **Chat [or sing, or play I-Spy!] over or through the fence** or from balcony to balcony, verandah to verandah, driveway to driveway - AND you can still keep your distance!
4. **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. Not a dancer? **What about a virtual quiz night? Or virtual charades?**
5. **Start a bucket list and pop ideas on slips of paper in a jar** - and when it’s safe work - your way through each socially connected idea with great relish!
6. **Help keep older Australians buoyant and upbeat.** A phone call, a message, a text is all it takes. Let’s create little connections every day. [Neighbour Day Ambassador - Costa Georgiadis]
7. **Celebrate virtual special occasions [video chat]** e.g. birthday, anniversary, graduation with snacks, drinks, games - and good company.
8. **Virtual morning tea.** Grab a cuppa, and telephone or video call to connect. Try some good old-fashioned conversation.

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9. **Ask R U OK?** Staying connected is more important than ever. A conversation could change a life. Learn what to say after R U OK? and download the FREE resources for tips and ideas to help you share the message in your community at www.ruok.org.au/join-r-u-ok-day
10. **Remember to regularly check in on your neighbours** by phone or via text.
11. **Write thoughtful notes or letters** (or drawings!) to neighbours, friends and family - and even go 'old school' and actually post them.
12. **Virtual happy hour.** Grab your favourite beverage and some snacks. Relax with friends on video chat after a hard day of social distancing.
13. **Post status or notices on virtual community boards** offering to drop off groceries and do errands for elderly or people with disability who may not be able to get to the shops at the moment.
14. **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/>
15. **Play electronic Scrabble or other games with online friends.** It's free!
16. **Post a link to Verandah by neighbour day enews** on social media or email to friends – and share some good neighbourly news. [You can subscribe here.](#)
17. **Driveway drinks or dinner [in person].** 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.

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- 18. 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.
- 19. Do an isolation / lockdown photoshoot** (maybe choose a theme) with your housemates, or pets, or other objects (plants, toys) if you live alone - and share with friends.
- 20. Chat over (through!) the neighbouring fence.** Remember to keep your distance. **Smile, wave and say g'day** when you see people – at a distance! It will probably make their day.
- 21. 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!
- 22.** Grab an interesting book and **start a virtual book club** with your friends, family or neighbours.
- 23. Join or create a Facebook group** for example, Coronavirus outreach groups.
- 24. Join a Mutual Aid group online** or start one.
- 25. Use apps to plan out your support network** during difficult times E.g. <https://www.bemyeyes.com/> to help people with disability and <https://gathermycrew.org.au> to organise community support.

Share your very neighbourly #CreativeConnections tips with @neighbourday on social media or email us at information@neighbourday.org

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