neighbour day

25 #CreativeConnections Tips
to try when you go out
[social / physical distancing]

1. **Leave a friendly calling or connection card* for your neighbour**.
   Include your phone number and say they are welcome to call you for a chat - and remember to be COVID-19 safe. These cards promote kindness in times when the community connection needs to take a different approach. [*updated physical distancing versions of cards]

2. **Be that person.**
   - Smile at someone when they pass you in the street
   - Join an online network for your community
   - Write a cute note to your neighbour
   - Leave a chocolate on your neighbour's doorstep

   Add another member to your herd.
   [Jan Fran The Pineapple Podcast, ABC]

3. **It's still ok to smile and wave [from a distance]** – even when wearing a mask. It will probably make their day!

4. **Drop off a bag of virtual hugs** to your neighbour. You decide what that actually looks like - a cute note, a drawing, some treats, a flower, a toy, a smile. Just remember to be COVID-19 safe!

5. If someone in your neighbourhood is **unable to have a pet,** maybe you could **take yours for a visit.** Having a pet is a well-known boost to wellbeing.

6. **Check out @KindnessRocksProject** on Facebook and help spread kindness to unsuspecting recipients along the way. One kind message at the right moment may brighten someone's entire day, outlook, and life!

7. **Check in on the people you don't think need checking on.**
   [Lisa Wilkinson – The Project]

The community you want starts at your front door™

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8. **Help out those that are vulnerable, self-isolating or quarantined** and offer to collect pharmaceuticals, groceries, or their mail - and leave it at their door.

9. **Start a WhatsApp or Facebook group** for the street section you live on and drop a card off to neighbours to see if they want to join in.

10. **Take a walk 'with' a friend** who is somewhere other than where you are! Set up a time. Take your smartphone. Give them a call and you can walk and talk together - AND keep your distance!

11. **Set up a buddy system** to support vulnerable neighbours [social/physical distancing of course!]

12. **Offer to help a neighbour out** with their yard.

13. **If in doubt what to do in these uncertain times, be kind.** That's it! Throw it around like confetti!

14. **Leave a gift of flowers** for your neighbour.

15. **Offer to walk your neighbour's dog** if your neighbour is vulnerable and needs to self-isolate.

16. **Or ask a neighbour who has a friendly dog if you can borrow their dog** to join you on an extra walk – good for the dog and especially good for you!

17. **Start a Street Library**. Reading books in isolation, you can share books and recommendations with neighbours. Go to the street library at different times - AND practice social distancing.

18. **An act of kindness.** Drop off a roll of toilet paper or hand sanitiser or block of chocolate to a neighbour who may need it.

19. **Adopt a healthcare worker** so frontline health workers are offered support when they need it. Google 'Adopt a Healthcare Worker on Facebook' and find the group that is closest to where you live, to help local workers.

20. **Drop off a <u>Viral Kindness card</u> to check in on and support your neighbours - and remember to be COVID-19 safe.** These cards promote kindness in times when the community connection needs to take a different approach.

21. **Post notices on 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.

22. **Share books or movies.** Drop books or DVDs you're finished with into the letterboxes of neighbours and friends.

23. **Join in the Bear Hunt** that is happening around Australia. There are suburb wide hunts happening – or perhaps you could start your own? 'Spot the bear' is a fun game for children and the young at heart!

24. If you are able [and it is safe for you to do so], **volunteer for a local community organisation.** Good for them and for you!

25. **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? 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

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