

Celebrating Neighbour Day as an Individual

Last Sunday in March



Message from our National Executive Officer – Nick Tebbey

This Neighbour Day, Relationships Australia is reaching out to everyone across the nation to promote sustainable, respectful relationships and social connections. Loneliness and social isolation continue to affect the health and wellbeing of Australians, and we need your help to shift the tide.

Neighbour Day is Relationships Australia's social connection campaign that encourages people to reach out and make sustainable connections with those around them (including online). Neighbour Day connects people and communities across Australia - one relationship at a time.

Research shows that communities where people know each other have better mental health, are safer, and are more resilient.

Connecting with people outside of your family and friends is important for tackling Australia's loneliness crisis. Neighbour Day research has found that identifying strongly with multiple groups (such as neighbours, volunteering groups, sports etc.) was protective against loneliness and mental ill-health, and that connecting with your community improves your perception of your relationships with your family and friends ([Cruwys et al. 2020](#)).

Together with Neighbour Day, every Australian can play an important role building sustainable social connections and respectful relationships in our communities. .

I invite you to participate and celebrate the 20-year anniversary of Neighbour Day. **Together, we can help address loneliness across the country.**

The Neighbour Day website has lots of information and [free resources](#) to assist with your engagement with this important opportunity.

I hope to see you joining in this Neighbour Day.

Kind Regards,

Nick

Nick Tebbey

National Executive Officer Relationships Australia

Neighbour Day: Connecting Communities for 20 years



Individuals bring us all together

Relationships Australia recognises that Neighbour Day would not be the success it is, 20 years after it commenced, without the support of passionate, interested and enthusiastic individuals across the country. The efforts of these people have real power to affect change in the wellbeing of our community.

Australians in every state and territory utilise Neighbour Day as a tool to promote and catalyse social connection in their communities, with many already weaving Neighbour Day into their March calendars. Using promotion and engagement to draw people together to celebrate community connection at events and at other opportunities, individuals play a vital role in Neighbour Day.

We hope that Neighbour Day serves as a helpful resource for engaging with your community. We welcome your feedback and advice to improve the support and resources we offer.

The benefits of Neighbour Day

The Neighbour Day campaign has been independently evaluated since 2018 and been proven to affect change in the following areas:

Connected communities

Neighbour Day increases people's sense of neighbourhood identification, satisfaction and belonging. This creates connected communities where:

- 80% say their neighbours have been a source of support during the pandemic*

All Australians are supported to achieve positive and respectful relationships

Neighbour Day promotes the importance of respectful relationships and support individuals, communities, workplaces and governments to champion this message.

- 85% said they got to know their neighbours/community better because of their involvement in Neighbour Day*; and
- 99% continue these relationships beyond the day*

These tangible feelings of support lead to changes in mental health and wellbeing.

Improved mental health and wellbeing

Identifying with multiple communities creates localised support networks. In times of physical distancing this is especially important. After Neighbour Day:

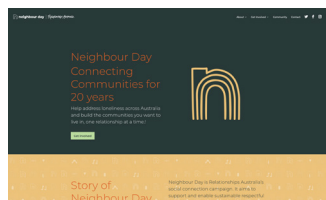
- 63% report improvement to their mental health*
- Despite the ongoing climate crisis and pandemic, participants report sustained and significant reductions in loneliness*

*For more information see our [research page](#).

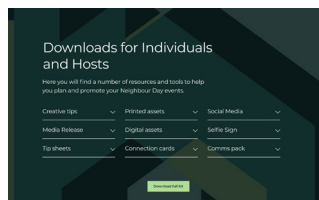
Easy Neighbour Day Ideas for Individuals



Print Neighbour Day posters and display them throughout your neighbourhoods and beyond, where possible.



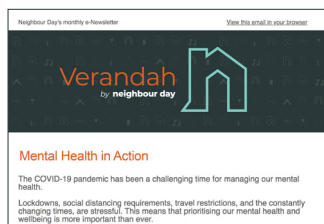
Register your event or neighbourly action on the Neighbour Day web site at www.neighbourday.org



Access Resources Check out the new Neighbour Day free resources in our downloads section



Distribute Neighbour Day calling or connection cards to your neighbours.



Subscribe to the Neighbour Day enews 'Verandah' and share with your community for great neighbourly information and ideas.



Align existing events with Neighbour Day, including events held before, or on or after the official day!



Get Social The official theme for Neighbour Day 2022 is Neighbour Day: Connecting Communities for 20 Years. You can check out our socials assets in the free downloads.



Talk about Neighbour Day to your neighbours, in person, as well as across e-newsletters, local newspapers, and on social media. Highlight Neighbour Day activities at community meetings, networks or groups focused on developing stronger communities and connected neighbourhoods. Perhaps approach your local council to take an active role and encourage them to help end loneliness across Australia.

For further ideas on how to celebrate, click the Ideas button

Some testimonials from Individuals who have participated in Neighbour Day over the years

“I had always wanted to have a caring, connected neighbourhood, but didn’t really know where to start. Neighbour Day gave me ideas, tools and an excuse to get on with it.”

[Neighbour Day host]

“Many people say they have been meaning to get to know their neighbours, but just don’t get around to it. Neighbour Day provides a timeframe and the support to do just that.”

[Neighbour Day host]

“Love the idea and the support from Relationships Australia.”

[Neighbour Day host]

“We think Neighbour Day is a great idea, we are hoping this will help get people connected. We are in a rural area with small acreage development, new people coming from everywhere to live here. It’s better if people have a sense of belonging.”

[Neighbour Day Host]

“There were so many demographics represented, all age groups, different nationalities, people who I had never seen coming out of their houses getting right amongst it.”

[Neighbour Day Host]

To keep everyone safe, keep abreast of the [current public health advice](#) relating to the coronavirus (COVID-19) pandemic and local restrictions.

