

Creative Connections

Tips for Individuals

Our top 20 #CreativeConnection tips to help make your Neighbour Day a big success!

- Leave a friendly 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 community connection requires a different approach. Remember, not everyone is online! "Check in on the people you don't think need checking on."
- Lisa Wilkinson - The Project.
- Be that person. Smile at someone when they pass you in the street. Join an online network for your community. Write a friendly note to your neighbour. Leave a chocolate on your neighbour's doorstep ... Add another member to your herd. - Jan Fran - The Pineapple Podcast, ABC.
- It's still ok to smile and wave (from a distance) – even when wearing a mask. You will probably make someone's day!
- Help keep older Australians buoyant and upbeat. A (regular) phone call, a message, a text is all it takes. Let's create little connections every day. - Costa Georgiadis - Neighbour Day Ambassador.
- 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. You can quickly and easily stay connected and even organise spontaneous (or planned) catch-ups in your street. You can also use apps to plan out your support network during difficult times E.g. bemyeyes to help people with disability and gathermycrew to organise community support. Perhaps set up a buddy system to support vulnerable neighbours.
- Do a random act of kindness to spark joy e.g. buy someone a coffee, or pay them a genuine compliment. Be Someone for Someone.
- Food is the great enabler. It brings together people of all ages and allows us in a very simple way to connect with our neighbours, next door, across the street or on the next farm. Who doesn't love a freshly baked cake? Or a thoughtful meal drop off?
- Andrew Heslop, Neighbour Day Founder and Ambassador.
- Take a walk 'with' a friend who is somewhere other than where you are! Set up a time. Take your phone. Give them a call and you can walk and talk together, while physically apart. Perhaps start a walking group with a few of your neighbours. A great low-pressure way to catch up and stay connected.

- Write thoughtful notes or letters, or perhaps create a drawing and gift them(!) to neighbours, friends and family - even go 'old school' and actually post them!
- Offer to help a neighbour out with their yard, garden or other helpful task e.g. garage clean-up!
- Offer to walk your neighbour's dog if your neighbour is vulnerable and needs to self-isolate. 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! Or, 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.
- 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-safe!
- Share books or movies. Drop books or DVDs you're finished with into the letterboxes of neighbours and friends. Or grab an interesting book and start a virtual (or outdoors) book club with your friends, family or neighbours.
- Post notices on community boards offering to drop off groceries and do errands for older people or people with disabilities who may not be able to get to the shops.
- 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!
- Start a Street Library and can share books and recommendations with your neighbours.
- Share neighbourly messages of support and thanks on your social media accounts – especially to people in lockdown, quarantine or hotspots – and anyone who could benefit from a friendly message of support.
- Share what you grow. If you have excess veggies, flowers, herbs, or eggs etc. share with friends, family and neighbours. You'll feel great and so will they!
- Sophie Thomson, Neighbour Day Ambassador.
- Driveway drinks or dinner. Pick a time. Grab a table and a few chairs. Set up in your driveway. Have a drink or dinner (or dancing!) 'with' your neighbours across the street or next door. Wave, chat, and 'get together' – from a safe social distance.
- If in doubt what to do in these uncertain times, be kind. That's it!
Throw it around like confetti.

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

To keep everyone safe, please review the current public health advice relating to the coronavirus (COVID-19) pandemic and local restrictions.

