Celebrating Neighbour Day as a Community Organisation or other group

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).

Community Organisations, and other groups, play such an important role across Australian communities. Neighbour Day provides an opportunity to increase social connection and the building of respectful relationships across the communities you operate in.

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 your organisation or group represented this Neighbour Day.

Kind Regards,

Nick

Nick Tebbey
National Executive Officer Relationships Australia
Neighbour Day: Connecting Communities for 20 years

The importance of Community Organisations and other groups

Relationships Australia recognises that community groups and organisations are strong supporters of Neighbour Day and are integral to the success of the movement. The local partnerships that these organisations form have real power to affect change in the wellbeing of our shared communities.

Community groups 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 other opportunities, community organisations and groups play a vital role in Neighbour Day.

Community organisations are at the frontline of community development and wellbeing in Australia. We hope that Neighbour Day serves as a helpful resource in your toolkits 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.

neighbour day | Relationships Australia

neighbourday.org   @NeighbourDay   /neighbourday   /neighbourday

Easy Neighbour Day Ideas for Community Organisations and groups

Print Neighbour Day posters and display them throughout your premises, as well as across your community, for example at local libraries or community halls etc.

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

Remember 'Every Day is Neighbour Day', so you may wish to choose to celebrate on other days that best suit your organisation or your community.
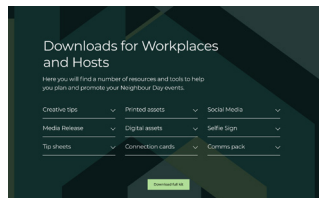
Access Resources Check out the new Neighbour Day free resources in our downloads section

Distribute Neighbour Day promotional flyers, calling and/or connection cards within your organisation and throughout your community.
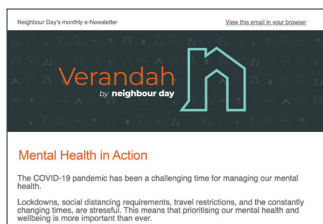
Subscribe to the Neighbour Day enews 'Verandah' and share with your community for great neighbourly information and ideas.

Support and encourage your organisation members and the communities you support to host their own Neighbour Day events with promotion, ideas, support or other encouragement.

Align your organisation or group's existing events with Neighbour Day, including events held before, 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 in your organisations publications, e-newsletters, local newspapers, social media and with your local residents. Highlight Neighbour Day activities at community meetings, networks or groups focused on developing stronger communities and connected neighbourhoods.

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

neighbour day | *Relationships Australia*

neighbourday.org   🐦 **@NeighbourDay**   **f** **/neighbourday**   📷 **/neighbourday**

Read some testimonials from others engaged in Neighbour Day

"Liverpool City Council is proud to join the 'Very Neighbourly Organisation' network and to be part of the Neighbour Day initiative, led by Relationships Australia. Very Neighbourly Organisations encourage residents to connect with others who live in their neighbourhood, particularly those who may be isolated or vulnerable. Council believes in the importance of social connection as a means of combating isolation, depression and loneliness."

[Very Neighbourly Organisation, Liverpool City Council website]

"I see friendships formed over community gardens week in and week out. Verge gardens, pocket parks, laneways...you name it. Families, kids, adults and elders are nurturing their environment and growing things for the birds, insects and people to share. It's not just the plants that are growing in the garden, people are too. They are connecting with one another, all ages together."

[Costa Georgiadis, Neighbour Day Ambassador]

"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]

"Love the idea and the support from Relationships Australia."

[Neighbour Day host]

"Brimbank City Council supports Neighbour Day as it helps us create a welcoming community where everyone feels safe, connected and there's strong relationships between neighbours."

[Very Neighbourly Organisation, Brimbank City Council - ND website]

"While Neighbour Day is celebrated annually on the last Sunday in March, there is no need to wait until then to experience the feel good feeling and the many other benefits of being neighbourly."

[City of Adelaide website]

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