

# Celebrating Neighbour Day as a Workplace

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, co-workers, 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](#)).

**Workplaces 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 workplace represented this Neighbour Day.

Kind Regards,

*Nick*

Nick Tebbey

National Executive Officer Relationships Australia

**Neighbour Day: Connecting Communities for 20 years**



## The importance of Workplaces

Relationships Australia recognises that workplaces across Australia can be a great promoter of Neighbour Day and are integral to the success of the movement to address loneliness in this country. The local partnerships that workplaces form have real power to affect change in the wellbeing of our shared communities.

Businesses and workplaces across the country can 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, workplaces have the opportunity to play a vital role in Neighbour Day.

Workplaces have a unique opportunity to influence positive wellbeing outcomes across 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:

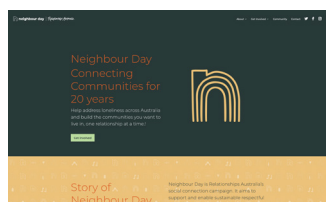
- 63% report improvement to their mental health\*
- Despite the ongoing climate crisis and pandemic, participants report sustained and significant reductions in loneliness\*

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

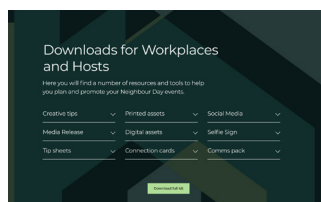
## Easy Neighbour Day Ideas for Workplaces



**Print** Neighbour Day posters and display them throughout your premises and across the community you operate in. You could also print resources for your employees to put up around their own neighbourhoods.



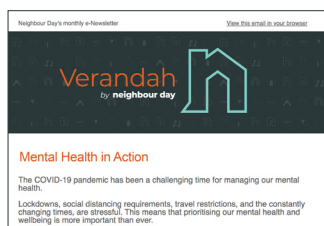
**Register** your events on the Neighbour Day web site at [neighbourday.org](http://neighbourday.org) 'Every Day is Neighbour Day' - You may wish to celebrate on a day that better suits you and your business neighbours.



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



**Distribute** Neighbour Day promotional flyers or calling cards to your people and encourage them to get out there and be neighbourly!



**Subscribe** to the Neighbour Day enews 'Verandah' which you can share with your people or use the information in your own communications.



**Support** and encourage your employees to host their own Neighbour Day events in their neighbourhoods.



**Align** existing business or company events with Neighbour Day, including events that are 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 in your publications, e-newsletters, and social media. You can also highlight your Neighbour Day activities at relevant meetings, networks or groups where developing stronger communities and connected neighbourhoods reflects your business values.

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

## Read some testimonials from others engaged in Neighbour Day

“The downloadable resources for the workplace were amazing - colourful, bright, engaging. We found it a very worthwhile event in terms of connecting with corporates and aim to build on this next year.”

**[Workplace Host]**

“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]**

“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]**

“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]**

“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.**

