neighbour day
Sunday 27th March 2022

Connecting Communities for 20 years

neighbourday.org  @NeighbourDay  /neighbourday  /neighbourday
Acknowledgement

Relationships Australia acknowledges Aboriginal and Torres Strait Islander peoples as the traditional owners and custodians of the land and waters on which we live and work, and we pay our respect to Elders, past, present and emerging. Relationships Australia acknowledges the importance of relationships and family in Aboriginal and Torres Strait Islander culture. The supports and services offered by Relationships Australia are situated across many Aboriginal and Torres Strait Islander Nations. The national office of Relationships Australia is on Ngunnawal Country.
About Relationships Australia

Relationships Australia works in a variety of ways to support respectful relationships across Australia.

With three key pillars at the national level (respectful relationships, advocacy and research), we provide services and supports to all people, to enable sustainable respectful relationships.

Broadly, Relationships Australia advocates and promotes the importance of respectful relationships with respect to positive individual mental health outcomes and general community outcomes.

Our research is relevant and purposeful, and further enables us to provide our ongoing trusted services and supports.
About Neighbour Day – 27 March 2022

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. It aims to support and enable sustainable respectful relationships across communities, while also helping to address loneliness across the nation.

Celebrations can occur at anytime throughout the year, however Neighbour Day is noted annually as the last Sunday in March.

Neighbour Day has progressed from a reminder to connect with elderly neighbours to an annual celebration of respectful relationships and strong communities.

Theme 2022: Connecting Communities for 20 years

Help us celebrate the 20 year anniversary of Neighbour Day and build the communities you want to live in. [Learn more](#).
Research

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

Neighbour Day is a practical and effective way to help address loneliness across our communities.

Loneliness is detrimental to our overall wellbeing. Social connection and increasing sustainable respectful relationships is the key to better outcomes for individuals and communities alike.

Relationships Australia is pleased to announce that new research conducted in collaboration with the Australian National University has been published demonstrating that involvement in Neighbour Day leads to a tangible and sustained reduction in loneliness. Learn more.
Getting involved in Neighbour Day is beneficial for individuals and communities alike.

Help us:

- Raise awareness about loneliness and the importance of social connection.
- Support and encourage people to make sustainable and respectful connections with the people around them.
- Contribute to positive individual mental health outcomes and general community outcomes.
- Build the connected, resilient, communities you want to live in today, tomorrow and beyond.
- Jump onto our [Get Involved page](#) for more information.
Our supporters

A broad range of individuals and organisations continue to actively show support for Neighbour Day. Throughout the years, these collaborations have greatly contributed to community awareness, as well as a sustained reduction in loneliness.

Ambassadors are much-loved members of our communities who support the principal aim of Neighbour Day, which is to build sustainable respectful relationships with the people around us. Learn more.

Very Neighbourly Organisations (VNO) are organisations that uphold and promote the principles of Neighbour Day and are able and committed to helping increase respectful relationships across Australia, one social connection at a time. Learn more.

Community organisations and Councils are often the heart of communities and take action on loneliness every day, playing a key role in connecting individuals and communities. Many councils and community organisations are also acknowledged as Very Neighbourly Organisations.
How to get involved

The theme for Neighbour Day 2022 is ‘Connecting Communities for 20 years’ and we’re inviting you to help us celebrate this achievement. We are also calling on you to help us build ongoing community connections across Australia to span the next 20 years.

There are many different ways to participate in Neighbour Day, whether it’s big or small — an event, activity or neighbourly action. Learn more.

It all contributes to building respectful relationships, sustainable connections and reducing loneliness in our communities.

And remember to register your event, activity or neighbourly action.

Public events will be promoted on the Neighbour Day website.
Resources

Subscribe to Neighbour Day’s Verandah enews for good news stories, tips, neighbourly ideas and more.

We have developed a number of free resources to help you create sustainable connections with your neighbours and your community.

Resources include ideas, posters, invitations, connection cards, colouring in pages, social media tiles, and more.

Click the following links for the resources that are relevant to you or your organisation.

**Individuals & hosts**  
**Workplaces**

**Community organisations**  
**Councils**
Tell Us Your Story

Australians have faced, and continue to face, challenging times – bushfires, drought, floods, the COVID-19 pandemic, and for many, loneliness. The strength we draw from each other, from our relationships and our wider communities, has never been more important.

To reflect the 20 years of Connecting Communities theme for Neighbour Day 2022, we invite people to tell us their stories of connections in recent times, or perhaps over the years. These social connections may be one-off moments or regular and lasting interactions that create one to one relationships or become the starting point for an ongoing group.

Tell Us Your Story competition opens Thursday 27 January 2022, with great prizes to be won!
Get social

You can access a selection of social media assets in the free downloads on the website [individuals & hosts, workplaces, community organisations, and councils]. Share these on your social media channels to encourage others to join in and connect.

We also have a selection of selfie-signs. Snap a pic with your favourite sign and share messages on your socials about the importance of connecting communities — now, and for another 20 years!

On January 1, 2022 we’ll launch our Media Pack with draft social media posts and a media template for councils and community organisations.

Together with Neighbour Day, everyone in Australia can play an important role building sustainable social connections and respectful relationships in our communities — both in person and online. Visit www.neighbourday.org
neighbour day

Every body.
Every where.
Every day.

Neighbour Day!

Last Sunday in March