

NEIGHBOUR DAY

With Neighbour Day just around the corner on March 26, we thought it would be a good opportunity to share some information about this fantastic community initiative and why social connection is so important and also inspire people to get to know their neighbours better.

What is Neighbour Day?

Neighbour Day is Australia's annual celebration of community, encouraging people to connect with those who live in their neighbourhood. Whether through a cuppa, a picnic in the park, or a message of support; Neighbour Day is the perfect opportunity to say thanks for being a great neighbour and for being there when I needed you most.

When?

Neighbour Day is celebrated on the last Sunday in March every year with the aim of fostering strong personal connections that last the whole year round. Every day can be neighbour day. The annual theme for Neighbour Day 2017 is: The Importance of Social Connection for the Elderly. In 2017, Neighbour Day falls on Sunday 26 March.

Why?

The principal aim of Neighbour Day is to build better relationships with the people who live around us, especially the elderly and vulnerable. Neighbours are important because good relationships with others can and do change communities.

Social connection also makes us feel better as it helps prevent loneliness, isolation and depression. Neighbour Day brings together like-minded people, resources, and organisations to grow stronger, well connected communities.



You can register your Neighbour Day Event

By registering you are putting up your hand to show that you, and your neighbours want to create something. Connected, healthy and resilient neighbourhoods. By registering, you:

- get access to a FREE resource e-kit to help make organising your event easy
- help to see where and how many people have caught the Neighbour Day bug
- keep up to date on neighbourly news and ideas

For more information and to register your event go to the Neighbour Day website www.neighbourday.org

Very Neighbourly Tips

- Start simply with a smile – this can lead to friendly hello's and conversations.
- Share some home cooking as a welcome to a new neighbour or a friendly gesture to neighbours you already know.
- Find a common interest – Do you both have young children or pets? Are you into outdoor exercise? Arrange to go for a walk together or organise a playdate.
- Join your local neighbourhood group or association, or volunteer with a local community group.
- Invite a neighbour over for a cuppa or a BBQ – a good conversation starter is asking how long they have lived in the area.
- If you have a veggie garden share surplus fruits and veggies with your neighbours.
- Try carpooling if your kids go to the same school, or you work/shop in the same area.
- Make a special effort to introduce yourself to older residents and anyone who lives alone. Leave them your mobile or home telephone number for use in an emergency.
- Introduce yourself or connect with neighbours you find difficult to meet in person with a simple postcard (a friendly message + your name and address) as an icebreaker.
- Offer to help your neighbours out when they are away. For instance, offer to collect their mail, mow their nature strip and keep a watchful eye on their property.
- Organise a street clean-up or a 'gardening bee' with other neighbours.
- Link people you know may appreciate each other's company in your street, or in your neighbourhood. Communities need more people to make an effort to connect others.
- Take the initiative – organise a simple Neighbour Day event and remember that every day is neighbour day. You can invite new neighbours to join in and meet established neighbours.
- It is important to understand that some neighbours may decline your welcoming approach. Respect their choice and build connections with others living nearby.