



MEDIA RELEASE

Embargo: 30 December 2017

For issue: Friday 22 December 2017

New Year's Resolutions – Get to Know the Locals!

New Year's Eve is fast approaching and we all have the same mantra: Lose weight. Get a new job. Improve my relationship.

How about 'get to know the neighbours' as your 2018 New Year's resolution?!

"We all feel better when we belong and belonging to a close community where we know the people that live around us is simply good for everyone," Alison Brook, National Executive Officer for Relationships Australia said. "As Neighbour Day is coming up it's a great idea to start to get to know people and think about what you could be organising for Australia's annual celebration of community."

On Sunday 25 March 2018, communities across the country will come together to celebrate and connect with those who live in their neighbourhood through Neighbour Day. Neighbour Day's theme this year is: The importance of a supportive neighbourhood for children and young people. The theme encourages all Australians to support safe and welcoming communities for the families with children and young people in their neighbourhoods.

"The research tells us that children and young people do better and feel safer when they know the people that live around them. Strong, safe and connected communities are good for everyone. They are especially beneficial for children and young people," Alison Brook, National Executive Officer for Relationships Australia said, "

Neighbour Day was founded in 2003 by an Australian community activist Andrew Heslop. Andrew was shocked when the remains of an elderly woman were found inside her suburban home more than two years after her death. In response, Andrew began co-ordinating a national 'Check on Your Neighbour Day'. Andrew gifted Neighbour Day to Relationships Australia in January 2014.

The new [Neighbour Day website](#) offers great ideas to help you celebrate Neighbour Day as well as free, easy-to-use resources including posters, selfie signs and calling cards to download. You can follow Neighbour Day on [Facebook](#), [Twitter](#) and [Instagram](#) to hear what others are doing in preparation for the big day.

"The community you want starts at your front door."™

-ends-

Media Contact:

Sam Robinson

National Neighbour Day Campaign Manager, Relationships Australia

PH: 0448 040 560