

Neighbour Day: this weekend it's time to share belonging!

Neighbour Day, the annual day of action for Relationships Australia's Neighbours Every Day (NED) campaign, will take place this Sunday 31st March (Easter Sunday).

Neighbour Day is an opportunity to celebrate our neighbours, and a reminder that everyone has a role to play in building social connection in their communities.

The theme for Neighbour Day is "Create Belonging | Share Belonging" – a call to action for everyone in Australia (individuals, community groups, businesses and governments) to take everyday actions, big and small, that create social connection and build respectful relationships.

"Research shows us that when people connect with their communities, they have a greater sense of belonging, which leads to improved mental well-being and a reduction in loneliness. It also contributes to strength and resilience in the face of external pressures,"

said Nick Tebbey, National Executive Officer, Relationships Australia.

As Australians face a range of challenges, from natural disasters and the ongoing cost of living crisis, we have seen the effect that these pressures can have on our relationships. 32% of Australian adults report feeling lonely (that's one-third of us), with a staggering 38% of 18- to 25-year-olds, the most digitally connected generation in history, the loneliest group in the country.

Host of ABC's Gardening Australia and [NED Ambassador](#) Costa Georgiadis said,

"When you reach out to others, you get back much more than you give. Sharing belonging is a real investment in everyone. Let's make every day Neighbour Day."

This Neighbour Day, a wide range of resources, information and inspiration can be found on the Neighbours Every Day website – and individuals and communities can register their events (or search for other events happening nearby).

"We encourage people across the country to use these resources and to celebrate Neighbour Day their way! This is the perfect opportunity to acknowledge our community, reconnect with those around us, and forge new connections. By taking action this Neighbour Day, we can all work to create inclusive communities where everyone feels they belong," said Mr Tebbey.

Read Nick's Neighbour Day blog: '[Why getting to know our neighbours is good for us all!](#)'

[Register your event](#) and [download free campaign resources](#).

Everything you need to help share belonging this Neighbour Day and every day is available on the website [NeighboursEveryDay.org](#)

#NeighboursEveryDay #CreateBelonging #ShareBelonging #NeighbourDay2024

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Media Contact

For interviews with Nick Tebbey or Costa Georgiadis, please contact:
Sam Robinson 0448 040 560 Email srobinson@relationships.org.au

Relationships Australia is a leading provider of relationship support services for individuals, families, and communities. We aim to support all people in Australia to achieve positive and respectful relationships. We are a community-based, not-for-profit Australian organisation with no religious affiliations.