

Media Release – March 7, 2023

Celebrate the launch of Neighbour Day 2023 – Create Belonging in your Community!

For immediate release

Relationships Australia officially launches Neighbour Day 2023 at 12.30pm [AEDT] on 7 March 2023 during a live web-event which will include guest speakers and the announcement of the winners of the annual Neighbours Every Day Tell Us Your Story Competition.

Neighbour Day, which this year will take place on **Sunday 26 March**, is the annual day of action for Relationships Australia’s Neighbours Every Day (NED) campaign.

Speaking about the launch, National Executive Officer of Relationships Australia, Nick Tebbey, said “Today is a call to action for everyone in Australia (individuals, community groups, business and governments) to take everyday actions that create social connection and foster respectful relationships.”

“We hope that by celebrating the launch of Neighbour Day, and making available a range of capacity building resources, all Australians will be empowered to work with us to create belonging by building and maintaining 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 (such as the COVID pandemic and associated lockdowns)” said Mr Tebbey.

The Live Launch Event will feature a number of high-profile NED Ambassadors, and a live interview with NED ambassadors Mandy Hose and Kate Jones from Too Peas in a Podcast.

Mandy and Kate met a decade ago and bonded over their premature twins with additional needs, and their own remarkable capacity for love, laughter and telling it like it is. Their Too Peas in a Podcast now has more than three million downloads and together they have created a truly inclusive community. “Kate and Mandy provide a genuine example of creating belonging,” said Mr Tebbey “and are an inspiration for everyone who wants to build connection in their communities.”

As part of the launch, Relationships Australia is delighted to announce the winners of this year’s “Tell Us Your Story” competition. The annual competition invites people to share their own stories of community and creating belonging and like previous years, many amazing entries were received from across the country. After careful consideration, the 2023 national winner was selected from Waveroo country in Victoria, for their inspiring story of finding community and creating belonging – even when it feels like an uphill battle.

Fifteen-year-old Annie told us of her journey with her autism diagnosis and the connections that she has forged to build a community around her. The support and friendship she has found has brought belonging and connection.

Read the winning stories from each state here:

<https://neighbourseveryday.org/day-of-action/tell-us-your-story/>

“We can all work to create belonging: for ourselves, for our families and for our neighbours. We can do this by focusing on inclusion and connection, making others feel welcome, and by building respectful relationships with those around us. The Tell Us Your Story winners for 2023 all provide inspiring examples of how this can be achieved by everyday Australians.” said Mr Tebbey.

There are many different ways to get involved in Neighbour Day 2023 whether it's big or small - an event, activity or neighbourly action – it all contributes to building respectful relationships, sustainable connections, reducing loneliness and creating belonging in our communities.

You can follow Neighbours Every Day on [Facebook](#), [Instagram](#) or [Twitter](#) and share your own stories and plans to connect with your neighbours. You can also register your own event on our national register or browse other public events on the Neighbours Every Day event map.

Everything you need to help create belonging today and every day is now available on the website [NeighboursEveryDay.org](#)

“To create belonging is an opportunity to reflect. *Belonging doesn't come easily. True inclusion and lasting connection take consideration and practice. Neighbours Every Day asks everyone to consider how we can create respectful relationships with everyone in our community,*” Mr Nick Tebbey, National Executive Officer, Relationships Australia.

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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.