

neighbour day

Sunday 27th March 2022

Why knowing your neighbours can make your life better



What is it?

Neighbour Day is a celebration. It's a reason to make new friendships with those around you. This can be anywhere, but many start with the people in their street.

Relationships Australia is the organisation who supports you to get involved. We have lots of tips to help you get started. These are on our website: neighbourday.org

When is it?

We celebrate Neighbour Day every year on the last Sunday of March. But we also like people to keep getting involved all through the year.



Why join in?

There are lots of reasons to celebrate Neighbour Day. We have explained some of them below.

New friendships

It can be hard to get to know your neighbours. But when you do, great things can happen for you and for them.

Starting small, introduce yourself and ask them a question about themselves. By doing this a few times, new friendships can come about.

People who have done this tell us that they:

- Feel more like they belong in their community
- Feel safer and more welcome in their community
- Have someone close by to ask for help when they need it



Less lonely feelings

People who get involved in Neighbour Day notice that they feel less lonely. They also felt better in lockdown because they still saw people they knew - their new neighbour friends!

Better health

People who get involved in Neighbour Day notice that they feel healthier, in their mind and in their body. This is because feeling like you belong in your community is good for you.



Better relationships with everyone

It might surprise you, but when you know your neighbours, your relationship with everyone around you gets better. People who get involved in Neighbour Day notice that their relationships with their family, friends and work friends got better as well.

References

We have taken this information from our research reports. These can be found on our website: relationships.org.au/category/research/