

NEIGHBOUR DAY EVALUATIONS

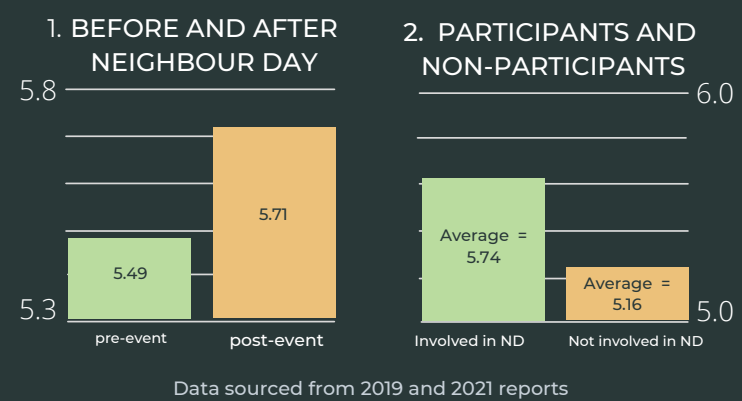
2018-2022

Improving neighbourhood identification to create respectful relationships

Neighbourhood identification is a key tool to achieving respectful relationships across the lifespan. Our research and evaluations have shown that improvements in neighbourly relationships can have flow-on effects for all the important relationships in our lives.

 **neighbour day** | *Relationships Australia.*

Improving neighbourhood identification



1 People show higher neighbourhood identification after being involved in Neighbour Day

People show higher neighbourhood identification compared with those not involved in Neighbour Day **2**

Additionally... We found there are no significant differences in neighbourhood identification between hosts and attendees.

Resilience during challenging times

- Research shows that people involved in Neighbour Day across the years experience...
- **WELLBEING IN LOCKDOWN**
 - **BETTER MENTAL HEALTH**
 - **SUSTAINED REDUCTIONS IN LONELINESS**
 - **REDUCTIONS IN PSYCHOLOGICAL DISTRESS**

These factors were affected by a person's increase in neighbourhood identification. Neighbour Day participation led to more close neighbours, which led to greater neighbourhood identification.



People with greater neighbourhood identification felt they could rely on their neighbours and consequently they experienced reductions in loneliness, better mental and general wellbeing and less psychological distress.

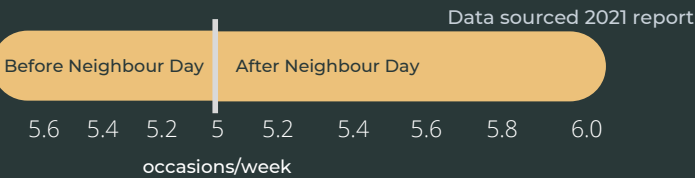


Support in a variety of relationships creates resilience

Mental and physical wellbeing, reduced psychological distress and reductions in loneliness are all signs of resilience. Identifying with one's neighbours diversifies people's networks and creates stronger individuals and communities when crisis strikes.

Relationship Satisfaction

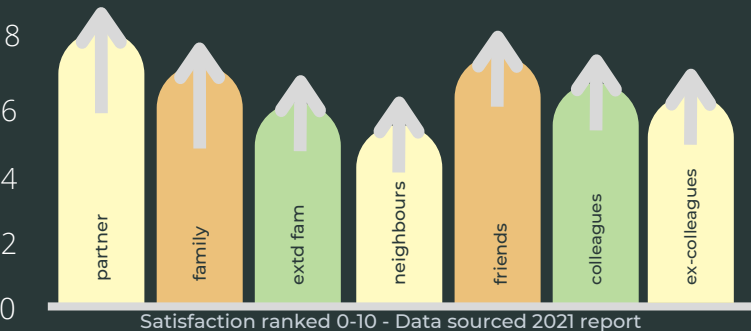
Neighbour Day affects a person's satisfaction with their neighbourhood.



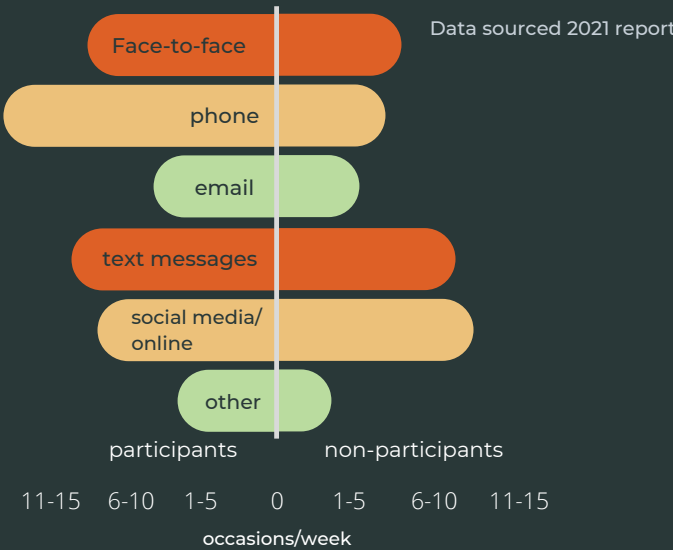
This, in turn, affects a person's sense of neighbourly support. Shared identity is the means to access social support. When people identify with their neighbours they feel more comfortable calling on them for support.

This leads people to feel more comfortable calling on their other relationships as well.

In response, Neighbour Day participants demonstrate improved relational satisfaction across all relationship types, not just with their neighbours.



Neighbour Day participation is also associated with wider and larger social networks, and more frequent occasions and time spent socialising. People involved in Neighbour Day spend more time per week socialising and have more social ties.



Neighbourhood identification is a key to improving relationships across the lifespan. Neighbour Day engages in awareness raising and capacity-building to increase neighbourhood identification across Australia - creating the communities we all want to live in, one relationship at a time.