



MEDIA RELEASE

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## Neighbour Day – creating, deepening and renewing relationships with neighbours

New research reveals the key role Neighbour Day plays in helping break the cycle of loneliness, not just on the last Sunday in March but every day.

An evaluation of the impact of Neighbour Day on the community conducted by Dr Katrina Long and Dr Michelle Lim from the Department of Social Health and Wellbeing Laboratory at Swinburne University of Technology found that attending a Neighbour Day event often leads to people joining existing community groups, or organising their own groups and events.

“This [research](#), commissioned by Relationships Australia, reveals that the most immediate effect of participating in Neighbour Day is that it creates new relationships, renews past relationships, and deepens existing relationships,” said Nick Tebbey, National Executive Officer of Relationships Australia.

“What is clear is that Neighbour Day helps create ongoing and enduring connections between people and their communities.

“These enduring connections are what help people emerge from loneliness, they contribute to building a sense of belonging and give people a sense of purpose and identity.

“With continued interaction, this research found that the relationships formed through Neighbour Day often lead to increased neighbourhood trust which in turn leads to neighbours experiencing a greater sense of safety in their neighbourhood, and offering support to each other.

“Another key finding is that ongoing, or repeated, Neighbour Day events develop a sense of community ownership, they reduce the effort required from a host to organise the event and ensure the sustainability of an event if the original host leaves the area or steps down as an organiser,” Mr Tebbey said.

“This Sunday 31 March is Neighbour Day and we are encouraging all Australians to take the Loneliness Challenge – to reach out to their neighbours and create connections by inviting them to a community event, join a group, a BBQ in the park or even just a regular catch-up in the street or local community hub.

“By taking one small action like this we can all make a positive contribution to reducing loneliness in our community,” Mr Tebbey said.

Free [resources](#) are available on our website to help you organise your Neighbour Day event, as well as more information about Neighbour Day at [Neighbourday.org](http://Neighbourday.org).

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