

# neighbour day

Relationships Australia

Neighbour Day is Relationships Australia's social connection campaign. It supports Australians to make tangible and sustainable connections with their neighbours, communities and beyond. Neighbour Day started as a singular event and has grown into a social movement. The movement supports all people in Australia to achieve respectful relationships.

Neighbourhood identification and satisfaction

Each year, following their involvement in the Neighbour Day campaign, participants have a statistically significant increase in their sense of neighbourhood identification and satisfaction. This leads to...

**81%**

of participants say they could now rely on their neighbours if they had to self-isolate (2020).

**80%**

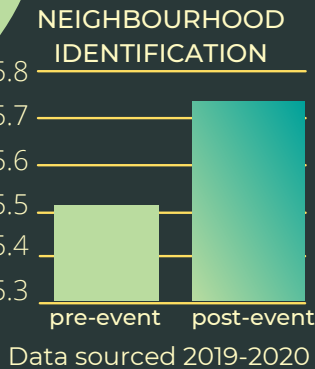
said their neighbours had been a source of support in during the pandemic (2020).

Six months onwards

**75%+**

had continued connecting with their neighbours and communities (2018-2020).

These tangible feelings of support led to changes in participants mental health and wellbeing.



Neighbour Day has been independently evaluated since 2018. Neighbour Day has been proven to affect change in the following areas:

More respectful relationships

Neighbour Day engages in capacity building, supporting previously disconnected groups to create respectful relationships.

**85%**

said they got to know their neighbours better because of their involvement with Neighbour Day (2020).

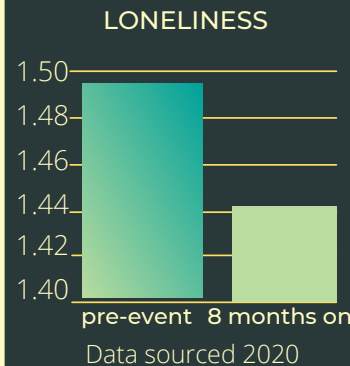
**99%**

continue these relationships beyond the campaign (2020).

Identifying with other groups (such as neighbours) leads people to feel more supported by their traditionally closer supports with their family and friends'.

During the pandemic this resulted in a reduction in loneliness and better mental health and wellbeing.

Improved mental health & wellbeing



Sustained reductions in loneliness

**63%**

report improvement to their mental health (2020).