

Neighbour Day 2022

Resilient Sydney Action 18 - Project Report

April 2022



**COME AND
CELEBRATE
NEIGHBOUR
DAY**

CONNECTED. INCLUSIVE. RESILIENT.





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Overview

[Neighbour Day](#) is Australia's annual celebration of community, encouraging people to connect with their neighbours, delivering Action 18 of the [Resilient Sydney Strategy](#). Knowing your neighbours and your broader community, has never been more important.

The Neighbour Day 2022 official theme was **'Connecting Communities for 20 years'** – celebrating the 20-year anniversary of Neighbour Day, continuing to build the communities people want to live and thrive in.

Neighbour Day 2022 took place on Sunday 27 March. During this time floodwaters inundated parts of Sydney and evacuation orders were issued for many residential areas as a result of catastrophic flooding. Local government plays a key role in building social connections as a vital protective measure to improve community preparedness, response and recovery to disasters.

[Resilient Sydney](#) encouraged councils to support their communities to reach out to neighbours as international research and our combined lived experience of the last two years confirms that staying connected is vital for communities during and after disasters. Strong community connections and neighbours help each other to get through a tough time. Everyone needs good local connections in an emergency.

Resilient Sydney developed a campaign to encourage councils to take part in and promote Neighbour Day by distributing Neighbour Day communication materials to all councils in metropolitan Sydney.

28 Sydney councils (85%) took part in Neighbour Day 2022, an improvement on the 25 councils (75%) in 2021, 19 Councils in 2020 (58%) and 11 Councils in 2019 (33%).



5 steps to being neighbourly

Some people find it difficult to build relationships. This Neighbour Day, encourage members of your community to use these 5 simple tips to establish respectful relationships with those around them.



01

Start with a smile

Make it a habit to flash a friendly smile or say hello, even in chaotic moments, it is sure to make a difference!

02

The initial chat

Strike up a conversation with a genuine compliment, or a query, as this can be a great icebreaker.

03

Follow up

Next time you catch each other, follow up on what you spoke about last time, this shows your interest and people will generally appreciate feeling listened to.

04

Kind gestures

Kind gestures are the ideal way to build positive connections, so consider what you might be able to offer e.g. bring in their bins, water their garden, or share surplus produce or cuttings.

05

Host your event

Organise a Neighbour Day get together or engage in a neighbourly action – perhaps on Neighbour Day, or whenever is convenient for you. Think of something your neighbours might enjoy e.g. BBQ, morning tea, some friendly games, or perhaps leave a thoughtful note.

Statistics in Sydney

For more than a decade, the [Scanlon Foundation](#) and [Scanlon Foundation Research Institute](#) have been conducting and leading research on social cohesion in Australia via the [Mapping Social Cohesion Research series](#).

Between 2018 and 2021, **sense of belonging in Australia** to a 'great' or 'moderate' extent was stable, in the narrow range **90%-92%**; **sense of pride in the Australian way of life and culture** to a 'great' or 'moderate' extent was in the range **85%-89%**; and 'strong agreement' or 'agreement' with the '**importance of maintaining the Australian way of life and culture in the modern world**' was almost identical, in the range **87%-90%**.

People aged 40-54 years are more likely to volunteer (36.2%) than other age groups. Volunteering rates for other age groups are: 28.8% for those aged 15-24, 25.7% aged 25-39, 29% aged 55-69, and 24.5% aged 70 years or above.

An important finding of the [July 2020 survey](#) was that **trust in 'most people' was increased to 49%**. In November 2020 there was a further increase of four percentage points to 53%, and trust was at 52% in 2021.¹

¹ **Mapping Social Cohesion, THE SCANLON FOUNDATION SURVEY 2021:**

https://scanloninstitute.org.au/sites/default/files/2021-11/Mapping_Social_Cohesion_2021_Report_0.pdf

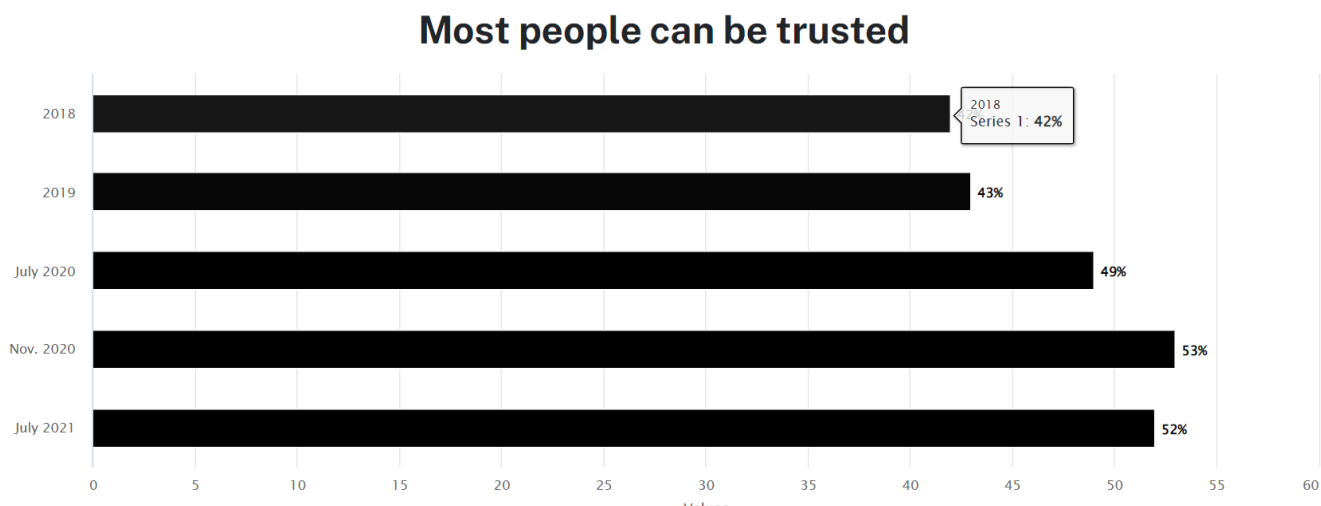


Figure 1: Comparison of the Scanlon Foundation Survey 2021 findings in Australia - with combined data for the 2018-19 survey and the July 2020 survey, undertaken by six demographic and two attitudinal variables. The finding is that trust in 2021 is consistently higher than in 2019. p.37 [Mapping Social Cohesion 2021 Report](#).



Why this campaign matters

After a summer of increased COVID-19 cases, following two years of pandemic lockdowns, 2022 is the year individuals and communities can again create more in-person meaningful, sustainable social connections and respectful relationships to improve health and wellbeing. Connections don't just happen. They take effort. Often it is the small things which make a difference.

Councils are at the forefront of supporting communities, helping ensure we are all prepared for the shocks and stresses that may come our way. Getting connected also gets us ready to work together in a crisis.

The Neighbour Day 2022 official theme '**Connecting Communities for 20 years**' – raises awareness of the importance of social connection and neighbourly actions to increase positive and sustainable social connections between people and communities.

In 2022, councils asked if Resilient Sydney could help advocate to encourage Neighbour Day to be moved to sit within [Social Inclusion Week](#), 19 to 27 November 2022. Social Inclusion Week aims to help all Australians feel included and valued, giving everyone the opportunity to participate fully in society. Some councils feel the campaign would be better suited to this week as it would not cross over with [NSW Seniors Week](#) and [Harmony Week](#). Some councils shared they would like see Neighbour Day celebrated in a standalone week which focuses on social inclusion and connections – elevating its importance.

Resilient Sydney encouraged councils to promote and share with their communities the 2022 Neighbour Day campaign. Together we can help create stronger communities who are well connected to respond better to major shocks and work together to manage stresses, in delivering [Action 18 of the Resilient Sydney Strategy – support communities to know their neighbours](#).



What is Neighbour Day?

Neighbour Day is Relationships Australia's key social connection campaign. It aims to support and enable sustainable respectful relationships across communities, while also helping to address loneliness.

Celebrations can occur at anytime throughout the year however Neighbour Day is noted annually as the last Sunday in March.

It's the perfect day to connect with existing and new neighbours and build the community you want to live in, one relationship at a time.

Make your Neighbour Day as big or small as you like - a casual cuppa, a picnic in the park or a simple message of support.

Visit neighbourday.org to register your event and to access free resources to help you celebrate.

Ideas — Events can be in person or online

- Host a BBQ with neighbours
- Plan a 'bring a plate' street party
- Organise a game of anything on the local oval
- Have a party on your front lawn
- Meet for afternoon tea in the back paddock
- Enjoy a neighbourhood picnic in your favourite park
- Grab some takeaway coffees and invite your neighbour for a local walk and talk
- Or simply have a cup of tea or a chat with a new or old neighbour.

neighbourday.org @NeighbourDay /neighbourday /neighbourday

Relationships Australia

The Resilient Sydney campaign

Resilient Sydney facilitated a campaign to actively encourage councils to take part in and promote Neighbour Day 2022. This was achieved through distributing Neighbour Day communication materials to all councils in metropolitan Sydney.

Resilient Sydney offered support for councils to increase the uptake of councils promoting the campaign including social media posts, an e-kit, highlights of what other councils are doing, and innovative materials and logos to use.

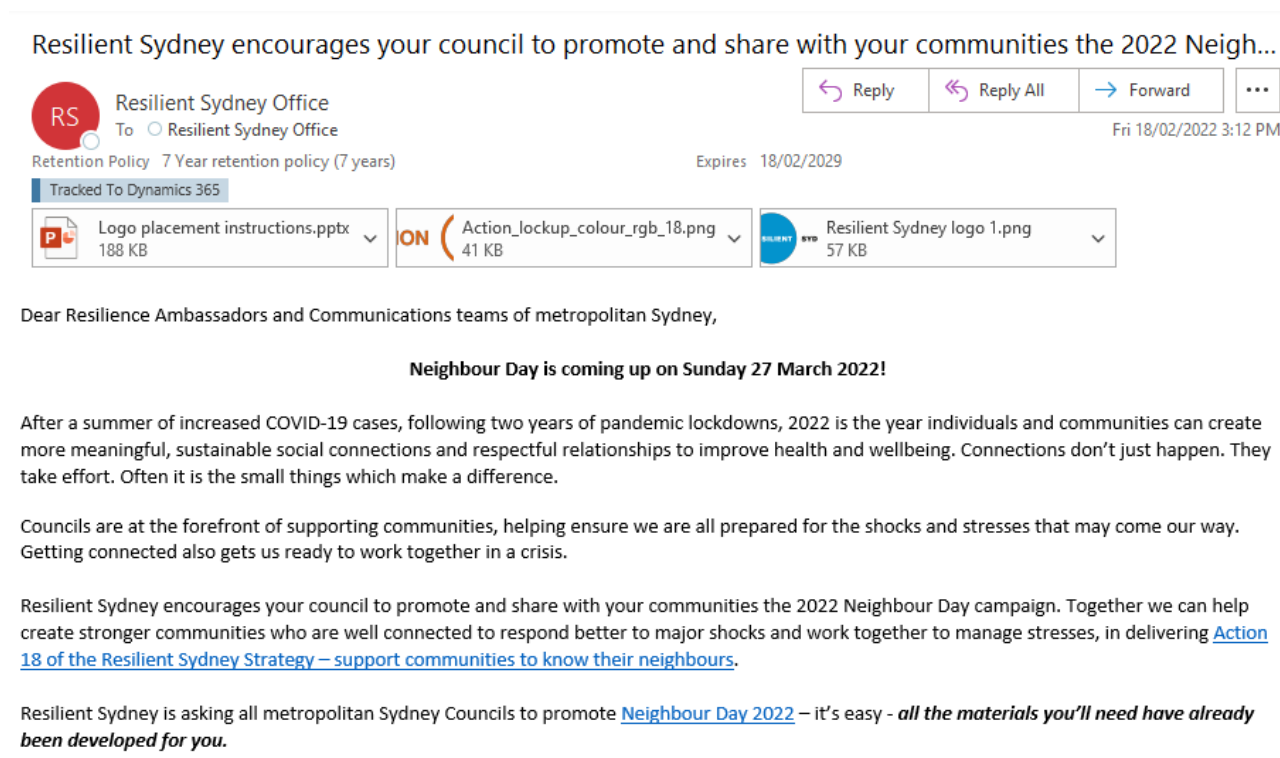


Figure 2: Screenshot of Resilient Sydney's campaign launch email to metropolitan Sydney Councils to promote Neighbour Day 2022.

Neighbour Day:
Connecting
Communities
for 20 years



Helping to connect people and
communities across Australia
to end loneliness

Every day is Neighbour Day



Resilient Sydney communications kit

Resilient Sydney encouraged Council's to get involved in the 2022 Neighbour Day campaign, by:

1. Checking in with communications team members to facilitate Council's promotion of the 2022 Neighbour Day campaign.
2. Contacting libraries and customer service teams to encourage them share the 2022 Neighbour Day campaign materials.
3. Checking in with social programs and services teams to see what initiatives are already happening and if more could be done.
4. Contacting strata manager networks and community leaders to encourage them to promote the initiative.
5. Checking out the 2022 Neighbour Day [e-kit](#) . This e-kit included everything councils needed to promote Neighbour Day whether in person, online or via various internal and external channels - to build and strengthen community social connections. The e-kit included connection tips, connection cards, printed assets, digital assets, social media assets and a selfie sign.
6. Encouragement to use the Resilient Sydney logo and the Action 18 lock up in promotions.
7. Encouragement to use [#ResilientSydney](#), [#EveryDayIsNeighbourDay](#) [#CreativeConnections](#) on Twitter, so Resilient Sydney followers could help amplify Councils messages.
8. In 2022, Relationships Australia developed [NEW CALD Neighbour Day Resources](#) – infographics and social media assets in Arabic, Italian, Greek, (Simplified) Chinese, Plain English and English. Relationships Australia will build upon these initial resources in the future to include more language groups, however this is an important step towards improved connection and inclusion.
9. Relationships Australia also developed [NEW Connection Conversation Cards](#). The cards were easy to use, download and print to help get conversations started.
10. Relationships Australia launched their [new website](#), which featured lots of helpful information, resources, social media assets, key messages and other useful neighbourly items for councils to use and share.



How councils participated in Neighbour Day 2022

In 2022, Sydney councils developed creative approaches to promote Neighbour Day. **28 councils promoted Neighbour Day.**

Here are some of the highlights.

Bayside Council

Bayside Council promoted Neighbour Day by encouraging neighbours to say “G’day” to each other, to increase social belonging and reduce loneliness.

Bayside shared how social isolation and loneliness can affect anyone, at any time and how Neighbour Day is the perfect day to check in with your neighbours to see how they are doing.



Mayor Christina Curry

3 d · 🌐

Neighbour Day is a nation-wide celebration of community that aims to increase social belonging and reduce loneliness.

Social isolation and loneliness can affect anyone, at any time. Today is the perfect day to check in with your neighbours and say hello.

I'd like to take this opportunity to say thank you to my neighbours who are pictured below. They are such good neighbours 🍷❤️



Blacktown City Council

Blacktown City Council produced a short video on how knowing your neighbour can really help in emergencies.

Council shared some tips for being neighbourly, these included:

- smile, wave or say hello to your neighbours and people in your neighbourhood and
- stop for a chat, leave a connection or calling card in their letterbox to introduce yourself.

Blue Mountains City Council

In 2022, Blue Mountains City Council re-ran the *Good Neighbour* campaign. *Good Neighbour* encourages residents to build and maintain connections with their neighbours, and even make a few friendships along the way.

Blue Mountains shared how knowing your neighbours makes neighbourhoods safer and also forms stronger social connections helping prevent loneliness, isolation and depression.



Today is Neighbour Day!

Embrace the day and connect with new and existing neighbours.

Have a chat or share a cuppa and help build the community you want to live in.

#NeighbourDay #neighbours #shareacuppa 🍵 #camdencouncilnsw #camden



Camden Council

Camden Council promoted Neighbour Day by encouraging residents to embrace the day and connect with new and existing neighbours.

Camden Council shared how having a chat or sharing a cuppa with your neighbours can help build the community you want to live in.

Campbelltown City Council

Campbelltown City Council shared statistics from the Australian Loneliness Report, highlighting that a third of Australians don't see or hear from their neighbours on a monthly basis, nearly half don't have a neighbour to call on for help and 70% say they have no neighbours they'd talk to about private matters.

Campbelltown Council promoted Neighbour Day by encouraging residents to know their neighbours, as this helps to build community resilience and enables communities to bounce back from disasters faster. Connection cards were also promoted to leave neighbours a friendly note.





Central Coast Council

The Central Coast Council reminded residents how social isolation and loneliness can affect any person at any stage of their life and how having strong community connections can be life changing.

Central Coast shared with their residents that 85% of people agreed that after participating in a Neighbour Day event they had stronger relationships with their neighbours and how knowing your neighbours can improve people's sense of belonging.

Canterbury-Bankstown City Council

Canterbury-Bankstown City Council promoted Neighbour Day in many different languages to encourage inclusive community participation in the campaign. Canterbury-Bankstown shared how Neighbour Day is important to be celebrated across all communities including culturally and linguistically diverse communities. Canterbury-Bankstown encouraged residents to give neighbours a smile, say hi, have a chat, share a cuppa, help with gardening, drop off a care package or help run errands.



City of Canada Bay

City of Canada Bay re-launched #candabayconnects – a neighbourhood campaign to encourage residents to say hi to their neighbours and to let them know they are here to help.

Hi Neighbour! flyers were created for residents to print, fill in and place in their neighbour's letterboxes. The flyer aims to encourage residents to share their details so neighbours could contact them if they wanted to connect.

City of Sydney

City of Sydney ran their biggest Neighbour Day campaign to date. The City's 2022 Neighbour Day activities included:

Green Square E-newsletter

The Green Square team promoted Neighbour Day by sharing some tips in their monthly E-newsletter on how to be a better neighbour: The tips included:

1. Visit local community centres to meet people during sporting activities to join competitions, fitness classes, recreational, social and creative learning programs.
2. Get involved in local community gardens and learn a thing or two.
3. Join a community group and have your say on the issues you're interested in, a wonderful opportunity to meet and get to know your neighbours and share experiences.

The Green Square team had planned to host a community event to celebrate Neighbour Day, however this was postponed due to the floods. The Green Square Neighbour Day event has now been moved to June 2022 and will be co-hosted by 107 Green Square, Guyana Park, City west housing and Banga Shed.



City of Sydney News

City of Sydney News shared with its E-newsletter subscribers on Neighbour Day how anxiety is very common, meeting and getting to know your neighbours is much more than just a nice, friendly thing we should do and how it's the foundation on which strangers become real neighbours and how streets become communities.

CITY OF SYDNEY

Green Square



6 ways to be a better neighbour

On Sunday 27 March we celebrate [neighbour day](#). Have you ever wanted to make friends with a neighbour but for one reason or another it just never happened? One-third of Australians don't see or hear from their neighbours on a monthly basis. Nearly half feel they can't call on neighbours for help.

Instagram and Facebook

City of Sydney shared stories on their Facebook and Instagram asking followers "How well do you know your neighbour?". A poll was created where followers could answer "not at all" or "we're bffs". City of Sydney shared with followers that one in 6 of people experience emotional loneliness and one in 10 lack social support with just under 1.5 million people reporting they've been lonely for a decade or more.



6 ways to be a better neighbour – and why it matters

Be the neighbour you want to see in the world.

“One in 6 of us experiences emotional loneliness. One in 10 lacks social support and just under 1.5 million people report they've been lonely for a decade or more.”

City of Sydney Community Centres

On Friday 25 March 2022, Cliff Noble Community Centre held a Neighbour Day event, engaging the local community to pop into the Centre and say 'hi'. Staff posted signage out front of the Centre and also positioned themselves to talk to people as they walked by.

In the week preceding Neighbour Day, Ultimo Community Centre distributed 20 coupons for 'free access to casual basketball for 2 people' to be used between Neighbour Day, 27 March and 01 April 2022.



 CityofSydney SustainableApartments shared a link.
Admin · 26 March at 06:00 · 🌐

Strong inclusive & compassionate communities provide support in both the good & challenging times. What will you do this Neighbour Day Sunday 27 March to connect with your neighbours?
www.neighbourday.org #RelationshipsAustralia #ND20YRS #NeighbourDay2022 Neighbour Day



City of Sydney Sustainable Apartments – social media

The Sustainability team shared in their March E-newsletter how strong, inclusive and compassionate communities provide support in both the good and challenging times. The team asked readers to think about what individuals can do this Neighbour Day to connect with neighbours. The team also promoted events and ideas for how to connect with neighbours.

City of Ryde

City of Ryde planned in-person emergency preparedness and community connection workshops and an in-person Neighbour Day 2022 event, hosted by Ryde's Community Services team.

The Neighbour Day event was planned to provide an opportunity for the community to connect and get to know their neighbours. The event would have featured a coffee cart from Darcy Street Project and a presentation from Taronga Zoo. Ryde also invited the Red Cross, SES and NSW Fire and Rescue to set up interaction stalls at the event. Due to the floods in March, the in-person event and workshops were postponed. Neighbour Day calling cards were shared with the community in place of the events. The postponed Neighbour Day event will now be held on 14 May 2022.

City of Ryde is encouraging residents to host an event on [Neighbour Day](#), which falls on Sunday 27 March 2022, however, don't let that stop you being neighbourly every single day.

This could be something simple like a BBQ in your complex or backyard or a picnic in a [local park](#). More information about booking a space or gazebo at one of our many parks can be found [here](#).

You can list this for free on our website - visit our [Submit your event page](#) to find out more.

You can also register your event on the Relationships Australia [Neighbour Day website](#).

Free resources for hosts

Events resources

Relationships Australia has prepared a range of free resources to help promote events for Neighbour Day. Download and print using the links below:

- [Calling cards](#) (PDF, 2MB)
- [Connection cards](#)

Hi neighbour!
Just letting you know
I am here to help if
you need.

My name is _____
I live at _____

My phone or email is _____

I speak another language _____

Things I can help you with:

☐ Shopping ☐ _____
☐ Posting mail ☐ _____
☐ Urgent supplies ☐ _____
☐ A friendly phone chat ☐ _____

Please consider dropping this into a neighbours' mailbox. For more information
about the Good Neighbour initiative or for extra copies visit
www.cumberland.nsw.gov.au/goodneighbour

Other Support Services

1800RESPECT
Domestic & family violence
counselling and support
1800 737 732

Health Direct
1800 022 222

Lifeline provides 24/7 crisis support
and suicide prevention services
13 11 14

Kids Helpline is a 24/7 telephone
counselling service for children and teenagers
1800 55 1800

Crime Stoppers (NSW)
1800 333 000

Cumberland City Council
02 8757 9000 cumberland.nsw.gov.au
For more details on Council and other local support services, go
to www.cumberland.nsw.gov.au/where-get-emergency-help

**Only accept help from
someone you know
and trust** TIPS FOR KEEPING YOU SAFE

Never give anyone your bank details, credit card,
bank card or pin number – only give cash and ask
for a receipt.

If someone is doing shopping for you, make sure
you provide them with a shopping list and budget,
based on what you can afford.

Never deal with unknown cold callers.

If you are in doubt or feel pressured or
threatened close the door, call another
neighbour or in an emergency ring 000.

**Advice if you
are self-isolating**

Maintain good
hygiene, such as
regularly washing
your hands.

Leave items outside
the person's home
for them to collect,
rather than delivering
in person.

Provide support
over the phone
and make use of
social media.

**HELP STOP
THE SPREAD
OF COVID-19**

Chinese
此傳單旨在提供安全指導，以確保在隔離期間以及與他人接觸時保持適當的距離，
與他人保持安全距離，並避免接觸。請致電 02 8757 9000 查詢。
www.cumberland.nsw.gov.au/goodneighbour

Arabic
الهدف من هذه النشرة هو توفير نصائح للحفاظ على سلامتك وصحة الآخرين. يجب عليك تجنب الاتصال بالآخرين،
والمشي مع الآخرين، وتجنب الأماكن المزدحمة. يرجى الاتصال بـ 02 8757 9000 للحصول على مزيد من المعلومات.
www.cumberland.nsw.gov.au/goodneighbour

Cumberland City Council

Cumberland City Council shared Neighbour Day calling cards with their community to promote Neighbour this year.

The calling cards read “Hi neighbour! Just letting you know I am here to help if you need.” The cards had space for residents to add in their details including their name, address, phone number, email and the languages that they speak. There was a tick box listing what they are available to help with including shopping, posting mail, picking up urgent supplies or just having a friendly phone chat.

The calling cards also listed information on community support services and shared COVID-19 safety information in English, Chinese and Arabic.

Fairfield City Council

Fairfield City Council promoted Neighbour Day in their 2022 significant events online calendar.

Fairfield City Council shared with residents how Council celebrates their unique multiculturalism through a range of programs and activations across Council sites during March.

27	28	29	30	31	NSW SENIORS WEEK (25 Mar-3 Apr) EARTH HOUR	Fairfield Showground 9am-4pm NATIONAL SORRY DAY
NEIGHBOUR DAY	Capture Fairfield VISUAL ARTS & PHOTOGRAPHY COMPETITION 2022 CAPTURE FAIRFIELD ART & PHOTOGRAPHY COMPETITION OPENS AUTUMN FAMILY DAY CARE VACATION CARE Enrolments open	COUNCIL MEETING 7pm SENIORS WEEK	WONDERFUL WEDNESDAY Fairfield City Centre 11am-1pm	PENSION DAY COMMUNITY DEVELOPMENT GRANTS CLOSE (community Capacity Building, Disability and Family Violence, Refugee Week) CREATIVE COMMUNITIES GRANT CLOSE		

APRIL

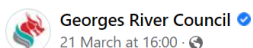
S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

- Fairfield City Council events
FCHQ = Fairfield City Head Quarters
FCMG = Fairfield City Museum & Gallery
FYCC = Fairfield Youth & Community Centre
- Public holidays and school terms
- Significant events
- Pension days

Fairfield City Council
86 Avoca Road, Wakeley
PO Box 21, Fairfield NSW 1860
t: 9725 0222
@fairfieldcity
@discoverfairfield

FairfieldCity
Celebrating diversity
www.fairfieldcity.nsw.gov.au

Fairfield shared how Neighbour Day and Harmony Day celebrate the cultural diversity of Australia and the importance of inclusiveness, respect and sense of belonging for everyone.



Georges River Council
21 March at 16:00 · 🌐

It's [Neighbour Day](#) this Sunday, 27 March. What will you do on Sunday to connect with your neighbours?

Here are 5 simple tips to help you establish respectful relationships with those around you.

- ✓ Start with a smile.
- ✓ Strike up a conversation with a genuine compliment or a query.
- ✓ Follow up on what you spoke about last time
- ✓ Consider what kind gesture you might be able to offer
- ✓ Host a get-together.

Help celebrate the 20 year anniversary of Neighbour Day and build the communities you want to live in. Every day is Neighbour Day.

Georges River Council

Georges River Council shared tips to help residents establish respectful relationships with the people around them.

The tips included:

1. Start with a smile.
2. Strike up a conversation with a genuine compliment or a query.
3. Follow up on what you spoke about last time.
4. Consider what kind gesture you might be able to offer.
5. Host a get-together.

Hawkesbury City Council

Every year over the last weekend of March, Hawkesbury City Council runs Savour the Flavour, a community event to encourage communities to connect over food.

Hawkesbury residents get the opportunity to experience different cultures and everything the Hawkesbury region has on offer.

Due to the recent floods in the Hawkesbury, Savour the Flavour, was postponed. A new date is yet to be advised.



Hornsby Shire Council



NEIGHBOUR DAY 2022 🧑🧑🧒 | Neighbours matter – and now more than ever it's time to make connections and stay connected. The theme for this year's Neighbour Day, on Sunday 27 March, is 'Connecting Communities for 20 years'.

Social connection and increasing sustainable respectful relationships are the keys to better outcomes for individuals and communities alike. Let's all work to build community connections across Australia to span the next 20 years and beyond. ... [See more](#)



Hornsby Shire Council shared how social connection and increasing sustainable respectful relationships are key to forming better outcomes for individuals and communities alike.

Hornsby's residents celebrated and connected with neighbours at the following events, specifically promoting Neighbour Day:

- **Thursday 24 March:** Hornsby Markets, around the Fountain in Hornsby Mall and
- **Friday 25 March:** Food Truck Friday, Pennant Hills Library & Community Centre carpark, Pennant Hills.

Inner West City Council

Inner West City Council promoted Neighbour Day by encouraging residents to put on a street party. Council shared a few tips to hosting a street party such as creating a small and intimate party with a few chairs in the front yard, or hosting a large BBQ in a local park, or a party in local streets or unit block.

Inner West City Council shared how street parties are a great way to connect with neighbours you don't know well. Street parties have been encouraged as a chance to stop and say hello and meet neighbours. Council shared how street parties can enhance social cohesion and contribute to a greater sense of trust and safety, and better health and well-being in the community.



To celebrate Neighbour Day next Sunday 27 March, we're seeking nominations from the community for someone you think deserves recognition for their contribution as a neighbour. To nominate a neighbour, visit Council's website by Wednesday 6 April:



Lane Cove Council

To celebrate Neighbour Day in 2022, Lane Cove Council sought nominations for residents who deserve recognition for their contribution as a neighbour.

Residents were able to nominate a neighbour, by completing an online nomination form.

Awards will be presented as part of Lane Cove's annual Citizenship Awards Presentation Evening on Wednesday 18 May 2022.

Liverpool City Council

Liverpool City Council is a proud supporter of Neighbour Day as a Very Neighbourly Organisation (VNO). Liverpool shared with residents how knowing your neighbours has never been more important. Liverpool encouraged residents to continue to reach out to neighbours in whatever form possible.

Liverpool shared a few tips on how to reach out neighbours:

1. greeting neighbours on the way to work
2. conversing over a cuppa
3. helping with gardening and
4. picking up groceries.



Today is Neighbour Day.

Liverpool City Council is a proud supporter of Neighbour Day which has been connecting communities across Australia for 20 years.

Liverpool is a wonderful community to be a part of and we continue to show what can be achieved when we come together especially in the face of adversity.

At this time, when knowing your neighbours has never been more important, we encourage you to continue to reach out to your neighbours.


Whatever form this takes - greeting them on your way to work, conversing over a cuppa, helping water their garden, driving them to pick up their groceries - be generous with your time.

[Ned Mannoun - Mayor of Liverpool](#)


[Neighbour Day](#)




We are all in this together.
You can make a positive difference by...



Reaching out and say 'hello'



A simple act of kindness



Lending a helping hand

Health comes first.

- Stay home as much as you can.
- Keep 1.5m from others.
- Wash hands often - 20secs warm soapy water.
- Limit gatherings - two people.

Help is at hand.

- Northern Beaches Council
1300 434 434 northernbeaches.nsw.gov.au
- Coronavirus Health Information Line
1800 020 080
- Northern Beaches Hospital


Hello!
I'm just checking to see if you're okay or need any help.

My name


I live at

My phone number


Let me know what I can help you with?



Picking up groceries



Urgent supplies



Dog walking

Northern Beaches Council

Northern Beaches Council shared how they recognise 2022 is a challenging time where social distancing and self-isolation can have a negative impact on people's health and wellbeing. Council acknowledged that the pandemic has made accessing food and medical supplies difficult for some people.

Northern Beaches Council created and promoted the "Hello Neighbour" campaign. This campaign supports residents to connect and support others during challenging times. Hello Neighbour cards

were developed for residents to fill in their details, nominate what they can help with and pop it in a neighbour's mailbox or under their door.

Parramatta City Council

City of Parramatta Council promoted the "Help a Neighbour" initiative to support local residents who need a hand. Residents were encouraged to check in on neighbours who may need support by leaving a calling card in their letterbox.

The calling cards can be downloaded from the Council website and printed out, or copied by hand, and left in the mailbox under a door.

Neighbour Calling Card - Can I help you?

Hello neighbour! If you are isolating or need support due to COVID-19, I am ready to help.

My name is

I live nearby at

My phone number is

I can help with:

- | | |
|--|--|
| <input type="checkbox"/> Picking up groceries & essential items (medicine) | <input type="checkbox"/> Collecting and posting mail |
| <input type="checkbox"/> Watering gardens and plants | <input type="checkbox"/> Putting out bins |
| <input type="checkbox"/> A friendly phone call | <input type="checkbox"/> Walking the dog |
| <input type="checkbox"/> Or | |

Just call, text, or leave a note and I will do my best to help. Please remember, COVID-19 is a serious, contagious disease. Please take all necessary steps to protect yourself and others, and follow government advice. Items will be left on doorsteps, doorhandles, and letter boxes—wherever is safest and works best for you.

cityofparramatta.co/help-a-neighbour

Adapted from Red Cross Neighbour Card

Penrith City Council
24 March at 15:00

With Neighbour Day coming up on Sunday 27 March, here's 5 simple tips to establish respectful relationships with those around you.

- 1 Start with a smile: Make it a habit to flash a friendly smile or say hello, even in chaotic moments, it is sure to make a difference!
- 2 The initial chat: Strike up a conversation with a genuine compliment, or a query, as this can be a great icebreaker.... [See more](#)



Penrith City Council

Penrith City Council celebrated Neighbour Day by sharing simple tips to establish respectful relationships with those in the neighbourhood.

The tips included:

- **Start with a smile:** Make it a habit to flash a friendly smile or say hello, even in chaotic moments, it is sure to make a difference!
- **The initial chat:** Strike up a conversation with a genuine compliment, or a query, as this can be a great icebreaker.

- **Follow up:** Next time you catch each other, follow up on what you spoke about last time, this shows your interest and people will generally appreciate feeling listened to.

Randwick City Council

Randwick City Council shared how loneliness is an ongoing issue for many Australians, and with all the challenges in life, social connections are more important than ever.

Randwick encouraged residents to reach out to neighbours and make a difference in someone's life with a smile, a chat or a cup of tea.



Randwick City Council

27 March at 10:00 · 🌐

...

Today, Sunday 27 March is Neighbour Day. Loneliness is an ongoing issue for many Australians, and with all the challenges that life has thrown at us recently, social connections are more important than ever. Today, we encourage you to reach out to your neighbour and make a difference in someone's life with a smile, a chat or a cup of tea. Lets make Randwick City the type of community we all love and enjoy. ❤️👋👋👋

Create and sustain respectful relationships across communities.
Every day is Neighbour Day.



Resilient Sydney

392 followers

1mo · 🌐

Resilient Sydney encourages you to promote [#neighbourday2022](#), Sunday 27 March 2022.

2022 is the year individuals and communities can come together to create more meaningful, sustainable social connection and respectful relationships to improve health and wellbeing. Connections don't just happen. They take effort. Often it is the small things which make a difference.

Together we can help create stronger communities who are well connected to better respond to major shocks and can work together to manage stresses through delivering Action 18 of the Resilient Sydney Strategy – support communities to know their neighbours.

Resilient Sydney

LinkedIn

Resilient Sydney amplified the promotion of Neighbour Day by encouraging followers on LinkedIn to share stories of the inspiring work being done to connect communities across Sydney.

Resilient Sydney shared how strong community connections and neighbours help people get through a tough time.

Relationships Australia blog

Relationships Australia invited Resilient Sydney to write a blog on how councils are connecting their communities to celebrate and promote Neighbour Day.

Resilient Sydney shared how local government plays a key role in building social connections as a vital protective measure to improve community preparedness, response and recovery to disasters.

Research by Resilient Sydney showed declining social cohesion was undermining city resilience.

Resilient Sydney shared that councils in Sydney now widely promote the annual Neighbour Day campaign to deliver Action 18 of the Resilient Sydney Strategy – support communities to know their neighbours to create stronger communities who are better prepared to respond and recover from shocks and stresses.

<https://lnkd.in/gCfcWDTR>

[#resilientcities](#) [#resilientcommunities](#) [#resilience](#)



Resilient Sydney Blog – Neighbour Day – “Beat pandemic isolation, get connected”

relationships.org.au · 4 min read

Relationships Australia

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Resilient Sydney Blog –
Neighbour Day – “Beat
pandemic isolation, get
connected”



Resilient Sydney @ResilientSydney · Mar 4

As severe flooding continues to impact communities, now is the time to focus on building connections with 'neighbours' and reach out to support our community. #ResilientSydney encourages you to promote #neighbourday2022, Sunday 27 March 2022.



neighbourday.org

Neighbour Day

Help address loneliness across Australia and build the communities you want to live in, one relationship at a time.

Twitter

Resilient Sydney shared with Twitter followers, that now is the time to focus on building connections with 'neighbours' and to reach out to support your community.

Resilient Sydney encouraged its followers to promote Neighbour Day to connect communities to be better prepared to respond and recover from shocks and stresses.

South Sydney Herald – news article

Resilient Sydney's Chief Resilience Officer, Beck Dawson was interviewed to share how celebrating and promoting Neighbour Day has benefited Greater Sydney Councils in the South Sydney Herald.

Beck shared, "research from Relationships Australia has shown that people feel less lonely when they connect with their neighbours and that those community bonds also improve a person's outlook on life more broadly."

"Connections can be invaluable in an emergency. We only need to look at the recent pandemic, floods and bushfires to see that those first on the scene are often the people who live nearby."

"Neighbours can be a vital port of call in an emergency and can help each other bounce back when disaster strikes, by providing emotional and material support."

Beck was also interviewed to share how celebrating and promoting Neighbour Day has benefited Greater Sydney Councils on 2GB radio.

Home > News > Human Affairs > Help easing loneliness could be just next door

NEWS HUMAN AFFAIRS

Help easing loneliness could be just next door

By South Sydney Herald March 24, 2022



An increasing number of Australians are reportedly suffering from feelings of loneliness in the wake of the Covid-19 pandemic, with many of us still suffering from the impacts of social isolation.

Sydney's Chief Resilience Officer says the remedy to this may be closer than we think, with research showing a connection to local communities can help reduce feelings of isolation.

"During the stay at home orders in the Covid-19 pandemic, almost half of us reported feeling lonely at least once in a 7-day period," said Beck Dawson, Chief Resilience Officer at Resilient Sydney.

"Given loneliness has a significant impact on our health and has been linked to increased risk of premature death, high blood pressure and sleep problems, it's crucial we tackle this problem."



Strathfield Council

Strathfield Council sought ways to connect vulnerable residents including the elderly, disabled or isolated, with neighbours who were in a position to help.

Council set up a hotline for those who required special assistance and put the call out for neighbours who were in a position to help with the following:

- **Gift of essential items** – Strathfield residents and households were encouraged to prepare and register a gift package of non-perishable food and essential personal hygiene items for someone vulnerable.

- **Gift of time** – Locals not in a position to donate items, were encouraged to volunteer their time to coordinate the supply of essential items or make regular wellbeing calls to check on the vulnerable.

To date, there have been more than 70 volunteers from the community giving time and money by donating essential items to over 30 vulnerable and elderly community members in Strathfield.

Sutherland Shire Council

Sutherland Shire Council shared with its residents how Neighbour Day has progressed from a reminder to connect with elderly neighbours, to an annual celebration of respectful relationships and strong communities.

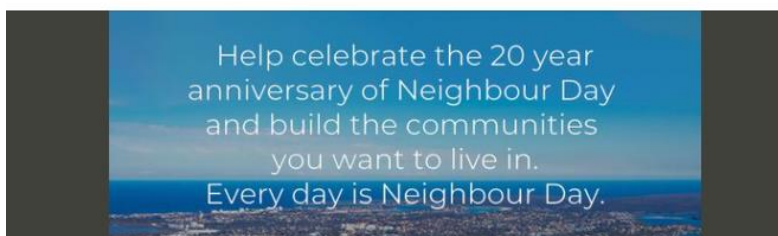
Council posted “Across the Shire, every day is Neighbour Day! Strong communities are where people know each other, have better mental health, are safer, and are more resilient!”.



Sutherland Shire Council
24 March at 16:20 · 🌐

This Sunday 27 March is #NeighbourDay – and it's the 20th anniversary of this day! Neighbour Day progressed from a reminder to connect with elderly neighbours, to an annual celebration of respectful relationships and strong communities. Across the Shire, every day is Neighbour Day!

Communities where people know each other have better mental health, are safer, and are more resilient. Connecting with people outside of your family and friends is important for tackling Australia... See more



Waverley Council
27 March at 17:11 · 🌐

In recognition of Neighbour Day, a day which aims to grow community connections and reduce social isolation, we want to remind Waverley residents about Council's street play initiative.

Street play events are an opportunity for neighbours to gather in an open space and connect with one another. Participating streets would be closed to traffic to allow children and families to socialise safely.

If you're interested in having a street play event, find out more and apply here... See more



Waverley Council

To celebrate Neighbour Day, Waverley Council shared how they would like to grow community connections and reduce social isolation, by reminding Waverley residents about Council's street play initiative.

Street play events are an opportunity for neighbours to gather in an open space and connect with one another. Participating streets were closed to traffic to allow children and families to socialise safely.

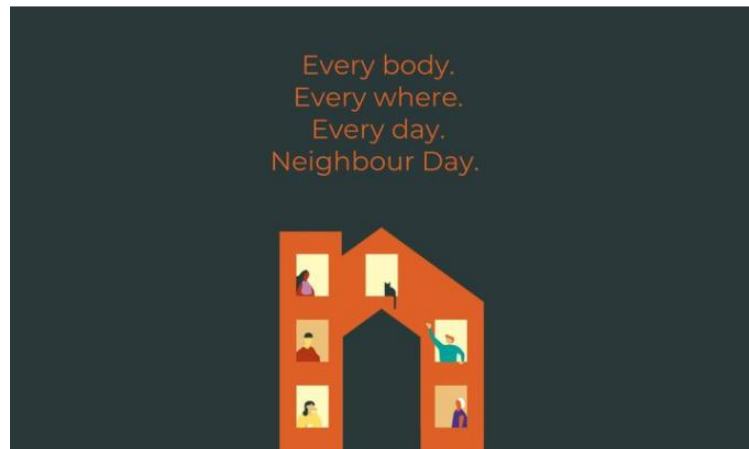
Willoughby City Council

Willoughby City Council shared how every day is Neighbour Day!

Willoughby City Council encouraged residents to celebrate the 20-year anniversary of Neighbour Day by contributing to building the community people want to live in by connecting with communities.



Help celebrate the 20-year anniversary of Neighbour Day Connecting Communities. Build the communities you want to live in. Because every day is Neighbour Day. www.neighbourday.org #RelationshipsAustralia #ND20YRS #NeighbourDay2022 Neighbour Day



Woollahra Council is in Vaucluse, New South Wales, Australia.
27 March at 12:50 · 🌐

Today is Neighbour Day, so we want to give a huge shout out to one inspiring group of locals. Deckchair Sunsets is a group of Vaucluse neighbours who've been meeting at Derby Street Reserve for nearly 10 years. Not only have they fostered connection, wellbeing and resilience, they've made some major improvements to the park as well!

"We all enjoy taking a couple of hours to catch up with the neighbours," said founder Angela Galgut.... See more



Woollahra Council

Woollahra Council gave a huge shout out to an inspiring group of locals on Neighbour Day.

Deckchair Sunsets is a group of Vaucluse neighbours who've been meeting at Derby Street Reserve for nearly 10 years. Not only have they fostered connection, wellbeing and resilience, they've made some major improvements to the park as well!

Over the years, the reserve has gone from a drought-stricken patch of brown grass into a luscious native garden for all to enjoy thanks to several volunteer community gardeners.

Wollondilly Shire Council

Wollondilly Shire Council encouraged residents to Save the Date to celebrate Australia's annual celebration of community, being Neighbour Day.

Wollondilly shared how Neighbour Day brings together the people next door, across the street, on the next farm or online!



📅 Save the Date! 27 March is Australia's annual celebration of community. 🏡 Neighbour Day brings together the people next door, across the street, on the next farm, or online! Find out more www.neighbourday.org #RelationshipsAustralia #ND20YRS #NeighbourDay2022



Outcomes achieved

2022 was the most successful Neighbour Day campaign run to date by Resilient Sydney, supported by Relationships Australia and Sydney councils. 28 Councils took part, an improvement on the 25 councils in 2021 and 19 Councils in 2020.

The capability of councils to both understand and communicate the role that social cohesion – and therefore community connection - plays in improving community preparedness for disasters is increasing. The Neighbour Day campaign contributes to improving the levels of social cohesion and connection in Sydney, as noted in Direction 3 of the Resilient Sydney strategy. These statistics have improved over the course of the last 12 months.

Events like Neighbour Day celebrate community and enable community connection.

Councils across metropolitan Sydney have always had a key role in building community connections. Increasingly councils are understanding the connection between social cohesion and improve community preparedness to disasters.

Thank you to the councils of metropolitan Sydney that took part in Neighbour Day 2022, delivering Action 18 of the Resilient Sydney Strategy.



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