

Launch of Neighbours Every Day: a call to action for all communities to Create Belonging!

For immediate release

On Tuesday 4 October 2022, Relationships Australia celebrates the launch of **Neighbours Every Day**, Australia's leading campaign promoting the benefits of social connection and building capacity for everyone in Australia to make and maintain respectful relationships.

Neighbours Every Day is the next evolution of Relationships Australia's Neighbour Day social connection campaign, which has operated in Australia for over twenty years, promoting the benefits of well-connected and resilient communities.

Speaking on Tuesday, Relationships Australia National Executive Officer, Nick Tebbey, said "We've been saying for some years now that *"Every day is neighbour day!"* While that mantra gained great traction, the research and stakeholder feedback told us that we needed to do more. In recognition of the importance of maintaining respectful relationships on every day of the year; Relationships Australia has reframed Neighbour Day as a national, year-long campaign – known as Neighbours Every Day."

Neighbours Every Day is about empowering everyone in Australia to build respectful and supportive relationships with their community, every day.

"Research shows us that when people connect with their communities, they have a greater sense of belonging, which leads to improved mental well-being and a reduction in loneliness. It also contributes to strength and resilience in the face of external pressures" said Mr Tebbey.

The theme for Neighbours Every Day is "Create Belonging" – a call to action for everyone in Australia to take every day actions that create social connection and foster respectful relationships. We can all work to create belonging: for ourselves, for our families and for our communities. We can do this by focusing on inclusion and connection, making others welcome, and by building respectful relationships with those around us.

"To create belonging is an opportunity to reflect. Belonging often doesn't come easily. True inclusion and lasting connection take consideration and practice. "As the nation marks "Mental Health Month" in October each year, today's launch is an important reminder about the importance of maintaining social connection and respectful relationships, and the ongoing benefits we all stand to gain by creating belonging," said Mr Tebbey.

The annual '*day of action*' Neighbour Day will continue on the last Sunday in March each year. In 2023, Neighbour Day will take place on 26 March. To find out more and join us to create belonging today and every day, visit <https://neighbourseveryday.org/>

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Relationships Australia is a leading provider of relationship support services for individuals, families and communities. We aim to support all people in Australia to achieve positive and respectful relationships. We are a community-based, not-for-profit Australian organisation with no religious affiliations.

