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(For immediate release)

Relationships Australia Launches Neighbours Every Day 2025: Connecting Communities to Combat Loneliness

Relationships Australia proudly announces the launch of its Neighbours Every Day 2025 campaign, with next year's annual day of action set for Sunday, 30 March 2025.

The chosen theme, "Create, Share, Grow Belonging," calls on all Australians to strengthen community ties and foster a sense of belonging in their neighbourhoods and beyond.

Nick Tebbey, National Executive Officer at Relationships Australia, emphasises the campaign's significance: "Neighbour Day is a powerful reminder of the importance of social connections in our lives. Our research shows that when people engage with their communities, they experience improved mental well-being and reduced loneliness. This is crucial, as **recent research reveals that nearly one in three Australians report feeling lonely, with over 15% saying they often or always feel lonely.**"

The Neighbours Every Day 2025 campaign aims to tackle the growing issue of loneliness across Australia. Speaking about the need for urgent action on this emerging public health issue, Mr Tebbey said **"Loneliness affects people across all age groups, with young people aged 18-24 being the most likely to often or always feel lonely."**

Neighbours Every Day is a critical component of efforts to prevent loneliness; taking a strengths-based approach and giving people the tools, resources, and reasons, to reach out and grow belonging.

"The campaign provides a cost-effective, community-driven solution to this widespread problem," said Mr Tebbey, adding that "Recent research conducted on behalf of Relationships Australia by the Australian National University and University of Queensland reveals that Neighbour Day participants experience significantly reduced levels of loneliness compared to the general population."

"This is achieved by mobilising communities, and providing the tools they need to create connection," explained Mr Tebbey. "As a result, Neighbours Every Day is more cost-effective than other loneliness and health interventions, with research revealing it costs less than a fifth of the average spend on initiatives that improve quality of life years."

This positions Neighbour Day as a highly efficient means of preventing loneliness and enhancing Australians' health and relationships.

Speaking of the benefits of Neighbours Every Day, Mr Tebbey noted: **"Nearly 65% of participants report improved mental health outcomes, particularly during challenging times."**

"We can all contribute to growing belonging, whether for ourselves, our families, or our neighbours. By embracing genuine inclusion and connection, we challenge ourselves to engage with empathy and compassion. This isn't just about one day – it's about building a culture of connection that sustains us throughout the year."

Everyone in Australia is invited to participate in various ways, from hosting a BBQ to organising a street party, or simply reaching out to someone new. Every action contributes to building more resilient and supportive neighbourhoods.

Mr Tebbey adds, "I urge everyone to join us in this vital, strengths-based campaign. Together, we can create a country where respectful relationships and strong communities support us all. Whether you're in a bustling city or a remote rural area, your participation matters. Let's make 2025 the year we grow belonging and turn the tide on loneliness and isolation."

Join us for Neighbour Day 2025 to celebrate and strengthen our communities!
For more information and to get involved, visit 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.