

Celebrate connection and community this Neighbour Day – 28 March 2021

Across Australia, neighbours have never been more important. Through the good times and the hard, neighbours and community have the capacity to make a huge difference to individuals, and resilience across the country.

Today, Relationships Australia releases a new supplementary report and independent evaluation by the Australian National University (ANU), which demonstrates the power of its key engagement campaign, [Neighbour Day](#), and the vital importance of community connection and healthy relationships during the COVID-19 pandemic.

“Neighbour Day is an important campaign in the fight to end loneliness and social isolation, and 2020 showed us that it provided a much needed mechanism for people to connect and support each other in the face of increasingly difficult social conditions”, said Nick Tebbey, National Executive Officer, Relationships Australia.

[The Australian National University’s supplementary report on Neighbour Day 2020](#) found that following Neighbour Day, 95% of participants planned on having ongoing contact with their neighbours and community, while 99% had already engaged with their neighbours in tangible ways since April. This included doing a favour for a neighbour (70%), visiting a neighbour (70%) or saying hello to a neighbour (83%).

“These, sometimes very simple, examples of connection are proven to improve relationships between neighbours with 85% of respondents agreeing that after participating in Neighbour Day, they had stronger relationships with those around them”, said Mr Tebbey.

2020 showed us just how important community connection is, as Australians often found themselves facing unprecedented restrictions on daily life, social interaction and work. Throughout this, Neighbour Day was demonstrated to create more localised social support networks that people relied on throughout a challenging year. 81% of people involved in Neighbour Day said they would rely on their neighbours if they had to self-isolate, while 80% said their neighbours had been a source of support during 2020. As attention now turns to a new phase of living with, and managing COVID-19, Australians have the opportunity to celebrate and enjoy the stronger sense of community belonging and satisfaction that occurs as a result of Neighbour Day.

[Neighbour Day, 28 March 2021](#), is a call to action for all Australians to celebrate, support and grow their local community. “Our latest research shows that people who engage with their neighbours on Neighbour Day report significant increases in neighbourhood belonging, neighbourhood identification, and neighbourhood satisfaction”, said Mr Tebbey.

Celebrate and connect with your community, this Neighbour Day, and every day!

Relationships Australia is the home of Neighbour Day, and believes that healthy and safe relationships are a crucial foundation for the well-being of all Australians. We offer a range of mental health, counselling and dispute resolution services to individuals and families across more than 100 sites nationally.

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