

21 Connection Tips to Grow 'Belonging Every Day'

Belonging occurs when people feel safe and comfortable, and accepted for who they are. We can all play a role, no matter how big or small, in creating a community where everyone feels that they belong.

The challenge is to reach out to people that you perhaps don't know well, or at all, and include them in your connection actions and activities. If this is new for you, or them, start small, and think about meaningful actions that you can take more frequently, rather than one large event.

As your connections grow, and belonging starts to take shape, you may all feel more inclined to share in bigger events. The trick though, is to remember that we are all 'Neighbours Every Day'!

Belonging Every Day — it starts with you!

1. **Start small.** By making small connections throughout the year, you will build up confidence and grow your network. Check out NED's Conversation Cards for some helpful and fun conversation ideas.
2. **Leave a connection card.** Share a friendly note or your contact details. Even if someone doesn't respond straight away, this small gesture can spark a sense of belonging.
3. **Volunteer at a local organisation.** Shared experiences help people feel included and part of something bigger. Perhaps invite a neighbour, friend or family member to join you.
4. **'Cuppa by the kerb'.** A simple cuppa in the street can become a regular way of creating belonging. Invite people you know and those you don't yet. Everyone brings their own cuppa and a snack. Regular catchups grow belonging.
5. **Get out there.** Hang out on your verandah, in your front garden, or spend extra time at your letterbox. Take short walks and use communal spaces where you'll bump into neighbours. Smile, wave, say hello - you'll make someone's day and feel good too.
6. **Acts of kindness matter.** Pay it forward at a café, drop off a treat, or offer to help. Small thoughtful gestures show people they are seen and valued.
7. **Reconnect.** Call or message someone you haven't spoken to in a while. A quick chat can lift spirits and rebuild connection.

8. **Ask for and offer help.** Respectful relationships are built when we look out for each other.
9. **Host connections.** Host a simple get-together — a cuppa, morning tea or shared plate meal. Shared food and time together nurture connection.
10. **Places to connect.** Join or invite someone to local spaces — community gardens, parks, clubs or neighbourhood houses. Shared interests build trust and belonging.
11. **Wellness walks.** Invite a friend, neighbour or someone new. Walking and talking strengthens both wellbeing and connection.
12. **Run or join a workshop.** Gardening, repairs, art, or tree planting. Learning side by side builds skills, confidence and relationships.
13. **Host or join a goods exchange.** Books, clothes, tools or produce. Swapping and sharing connects people through generosity and sustainability.
14. **Start a community project.** E.g. a Street Library, art display, clean-up, community garden. Working together creates pride and a stronger sense of belonging.
15. **Be thoughtful.** Share small care packages, notes, homegrown produce or a bunch of flowers. Little surprises make people feel included and valued.
16. **Be a good listener.** Respectful relationships grow when people feel heard. Listening deeply helps build trust, connection and belonging.
17. **Organise or attend fun events.** Trivia, games, karaoke, or outdoor movie nights. Shared joy is a powerful way to grow belonging.
18. **Use & share NED resources.** Free tools, stories and inspiration are available at neighbourseveryday.org to help you create, share and grow belonging – including 56 Great Ideas for Connecting with your Neighbours!
19. **Ask R U OK?** A simple conversation can change a life. Free resources are available at ruok.org.au to help you know what to say and do next.
20. **Check out NED's Mental Health & Belonging resources** for helpful information, tip sheets and more.
21. **Subscribe** to Verandah by Neighbours Every Day enews. Share with family, friends, neighbours, workmates, or use the 'good news' information in your own communications. Post a link on your social media or email the newsletter to your networks – and help grow Belonging Every Day!

We all need each other to belong.