

# Neighbours Every Day

## Talking Points 2026



### About NED

- A year-round social connection campaign by Relationships Australia.
- Promotes respectful relationships and community belonging.
- Running for over 20 years, inspiring people across Australia to connect, include and support each other.

### Key Messages

- Belonging Every Day — it starts with you.
- Every small act of connection helps build a more inclusive, resilient Australia.
- Respectful relationships are the foundation of belonging.
- Let's make belonging more than a moment — let's live it every day.

### Why Social Connection Matters

- Increases sense of belonging.
- Improves mental health and wellbeing.
- Reduces loneliness and isolation.
- Builds community resilience and safety.
- Strengthens relationships in neighbourhoods, families and workplaces.

### Neighbour Day 2026

- **Sunday 29 March 2026** — Australia's annual celebration of community connection.
- A call to connect, include and invite others — every connection counts.
- A starting point to create, share and grow belonging all year round.

### Recognition and Partnerships

#### Key Endorsements

- Australia's National Suicide Prevention Strategy 2025-2035 (leading prevention initiative)
- 2025 WHO Social Connection Report (innovative, evidence-based model)
- ACT Government Loneliness Inquiry (priority investment recommendation)
- NSW Parliament Report August 2025 (loneliness impacts)

#### Track Record

- NED has 20+ years cross-sector partnerships: government, NFPs, corporates
- Relationships Australia has 75+ years of supporting respectful relationships across Australia

### How to Get Involved

#### Every Day:

- Notice and reach out — a smile, wave, message or offer to help.
- Be inclusive in conversations, spaces and activities.
- Welcome difference and diversity.
- Make space for people's stories and contributions.
- Speak up for inclusion and respect.

#### On Neighbour Day:

- Host a gathering or share a simple moment of connection.
- Reach out to neighbours, friends and community members.
- Express gratitude and celebrate the importance of social connection.

#### On Social Media:

- Share your story on Instagram and Facebook using #NeighboursEveryDay #BelongingEveryDay.
- For Neighbour Day 2026: #NeighbourDay2026 #ND2026.

**Resources:** Visit [neighbourseveryday.org](https://neighbourseveryday.org) for free resources, event ideas and tools to help grow belonging — every day.