

Get to know your neighbours!

Good neighbours make great neighbourhoods.



Why knowing your neighbours matters...

Safety and practical support

- First to notice something is wrong
- First to help in an emergency
- Can assist older adults with practical help

Wellbeing and mental health

- Neighbour contact reduces loneliness and stress
- Small acts of kindness between neighbours improves mental health
- Neighbourhood belonging is as important to health as diet and exercise

Community and Connection

- People who know neighbours are more attached to where they live
- Connected neighbours build more resilient communities
- Feeling known and valued supports belonging for people of all ages



Ideas to get to know your neighbours...

Community Barbeque Rebate

Host a get-together on your street and get up to \$100 back!

1

**Register your
activity 2 weeks
ahead**

2

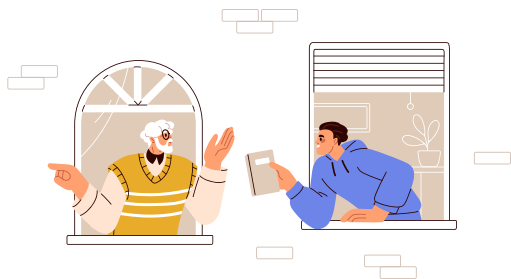
**Host your event
and keep receipts**

3

**Apply for your
rebate online**

Things you might like to try...

- Morning tea or cafe catch up
- Gardening working bee party
- Street BBQ or sausage sizzle
- Backyard movie night
- Cultural food sharing feast
- Kids' games afternoon



Hello Neighbour! Connection Postcards

Fill in half of the postcard with your contact details and pop it in a neighbour's letterbox for them to complete and return to you. Keep their details handy, or take it a step further and collate all your neighbours details into a street directory!

Postcards and street directories available at City libraries, the Administration Centre and online.

Scan the QR code to learn more about neighbourly initiatives, register for the Community Barbeque Rebate and download PDF resources.

