



MEDIA RELEASE

Embargo: 6am Wednesday 25 March 2015

Neighbour Day - Time to Celebrate Your Community!

This Sunday, 29 March is Neighbour Day, the annual celebration of community across Australia. With close to 500 registered events and 40,000 participants, there are plenty of opportunities all around the country to get involved.

From barbeques and morning teas, to street parties and community festivals, this Sunday is set to be the most celebrated in the day's twelve year history. Relationships Australia's National Executive Officer, Alison Brook said the best part about Neighbour Day is in its simplicity, "It's entirely up to you and your neighbours how you get involved. It could be as simple as boiling the kettle and having a cup of tea together."

"Neighbour Day is about creating opportunities to connect, chat and build trusting relationships among the people who live closest to you," Alison said. "We all feel better when we have somewhere to belong."

Relationships Australia is the home of Neighbour Day. Neighbour Day Ambassadors have voiced their support of Neighbour Day via Twitter:

Andrew Heslop, Neighbour Day Founder said: "Whether you live in a city or the bush, in an apartment or on a farm Neighbour Day is the day to say thanks for being there."

Fred Chaney, 2014 Senior Australian of the Year said: "Neighbour Day reminds us of the significance of connecting with our communities. We all need to look after each other."

Costa Georgiadis, host of Gardening Australia said: "Getting to know your neighbours over a cuppa or a barbie can lead to lifelong friendships."

Nick Duigan, Co-host of Hook Line & Sinker on the Seven Network and Fox Sports said: "Neighbour Day brings communities closer."

Natalie Ahmat, presenter of National Indigenous Television News said: "Kids and older people feel safer when they know the people that live around them."

Julie Goodwin, Australia's original MasterChef said: "Whether you have a barby, a cuppa and cake or a street party, Sunday 29 March is the day to connect with your neighbours over great food!"

The Neighbour Day team is encouraging everyone participating in Neighbour Day to tell us about the day, their neighbours and their communities and send us photos so we can see how you celebrated. You can connect with Neighbour Day on Facebook, Twitter and Instagram.

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starts at your front door™

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The *Tell Us Your Story* competition encourages people to submit a 500 word story about a great neighbour or an extraordinary neighbourly act. To enter go to neighbourday.org and be in the running to win cash prizes.

You'll find everything you need to help organise your Neighbour Day event at neighbourday.org. Everyone is encouraged to register their Neighbour Day event to access event invitations, selfie signs, posters, calling cards and other great resources.

The principal aims of Neighbour Day are to:

- Strengthen communities and build better relationships with the people who live around us.
- Create safer, healthier and more vibrant suburbs and towns.
- Promote tolerance, respect and understanding.
- Break down community barriers.
- Protect the elderly, the vulnerable and the disadvantaged.

"The community you want starts at your front door."™

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About Relationships Australia

Relationships Australia is a leading provider of relationship support services for children, adults, families and communities. We are a community-based, not-for-profit Australian organisation with no religious affiliations. Services and programs are provided from more than 110 centres nationally by our 2,000 staff.

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