

03/07/19

Neighbour Day 2019 to challenge Loneliness

In 2019, Neighbour Day addresses the impact that loneliness is having on our communities and celebrates the influence that we all have in building resilient connected communities.

Relationships Australia Tasmania's Acting-CEO Michael Kelly said "This year our theme for Neighbour Day is 'loneliness – what neighbours can do to create connections'. The theme builds on the work done by Relationships Australia in 2018 to raise awareness of the loneliness crisis facing Australia."

"Neighbour Day, which is celebrated around the country every year on the last Sunday in March and this year falls on Sunday the 31st, is an annual celebration of community."

"Relationships Australia Tasmania are excited to once again collaborate with the Department of Health on the Healthy Tasmania Neighbour Day Community Challenge."

"It is so important that we include loneliness in our discussions around how to achieve wellbeing and create healthy communities."

"The consequences of loneliness are significant, with studies showing it can be as damaging to an individual's long-term health as smoking or obesity."

"The Healthy Tasmania Neighbour Day Community Challenge is a terrific opportunity to promote these important messages and support people to take up the call to action and hold their own Neighbour Day events – be it in their streets, Community Groups or workplaces."

"Your Neighbour Day action can be as big or small as you'd like. You can organise an event on your own or work with a group of neighbours or host an event for your street. Whether for a cup-of-tea, a picnic or a message of support, it's the perfect opportunity to say thanks for being a great neighbour."

People registering for a Neighbour Day event are invited to enter the Healthy Tasmania Neighbour Day Community Challenge to go into the draw for \$5 000 or \$1 000 for their community. Challenge winners will be drawn 31 March 2019.

Start your planning soon. Resources are available at <http://neighbourday.org/resources/> and http://www.healthytasmania.tas.gov.au/about_us

About Relationships Australia Tasmania

At Relationships Australia Tasmania we provide families, couples, individuals, older people, children and communities with tools and strategies, so that they have healthy, positive lives. We help thousands of Tasmanians every year to transform and change their lives through counselling, mediation, dispute resolution, support and training.

Our focus is on:

- healthy relationships, discrimination, harassment, conflict resolution, parenting, cultural issues and mental health
- We offer people the services and support they need, when they need it to assist them when life presents challenges.
- Services are available to all people regardless of cultural background, family structure, economic situation, religious beliefs, gender or sexual orientation.

More information about the services and support we offer can be found on our website www.tas.relationships.com.au.

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