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How well do you know your neighbour? Show them an act of kindness in the lead up to Neighbour Day

Neighbours can play an important role in helping us to feel connected.

This March, the City of Victor Harbor's Caring Neighbourhood Program is encouraging community members to get into the spirit of Neighbour Day and show an act of kindness, however close you may be with your neighbour.

All acts of kindness, large and small, can grow Victor Harbor's community-minded nature and inspire further good deeds within the neighbourhood.

Examples might include baking a meal for a friend, having a cuppa over the fence with a neighbour, or offering excess fruit from your veggie garden. You could even help an elderly neighbour take their bins out or organise a get-together with households in your street.

Throughout the month of March, the community will be able to share their stories and experiences (and an image if you wish) at **yoursay.victor.sa.gov.au**.

It doesn't have to be an act of kindness you showed – it could be something you received or heard about. You can also share your experiences anonymously.

To tackle the issue of loneliness, we need a whole-of-community approach and a commitment to meaningful social connection.

City of Victor Harbor Mayor, Dr Moira Jenkins, said Victor Harbor's resilience is thanks to the wonderful members of our community, and the way our city rallies together during the good and bad times.

"I know there are many instances in our community where individuals have gone above and beyond to support their neighbourhood. In fact, I see acts of kindness almost every day!" said Mayor Jenkins.

"Everyone is encouraged to share these good deeds and acts of kindness that they have noticed in our community."

"If you don't have a neighbour, show an act of kindness to a friend, family member or stranger!"

The values of the City of Victor Harbor's Caring Neighbourhood Program fall in line with that of Neighbour Day. The Program has been operating for over 25 years, offering an inclusive and supportive environment to those who are aged over 65 and feeling isolated or disconnected. For more information about the Caring Neighbourhood Program, visit victor.sa.gov.au/ageingwell.

Neighbour Day (Sunday, 26 March 2023) is an annual celebration of community when people are encouraged to connect with their neighbours, tackle loneliness and establish healthy relationships in their neighbourhood. For more resources regarding Neighbour Day visit neighbourseveryday.org.