



MEDIA RELEASE | 18 March 2024

Create and share belonging in the lead up to National Neighbour Day

The community you want starts at your front door! What are you doing to create and share belonging in Victor Harbor?

In the lead up to National Neighbour Day (Sunday, 31 March 2024), the City of Victor Harbor's Caring Neighbourhood Program is encouraging community members to build a social connection with their neighbours.

National Neighbour Day is the perfect opportunity to connect and share belonging with those around us. Good relationships between neighbours can change communities in a positive way, and social connection has been proven to prevent loneliness, isolation and depression.

City of Victor Harbor Mayor, Dr Moira Jenkins, said Victor Harbor has always been a place with caring residents and a strong community focus.

"While many of us are connected through community groups and organisations, there is still a large portion of our population that is lonely. When we create connections with our neighbours, we can provide a sense of belonging," said Mayor Jenkins.

"Belonging is the feeling of safety and comfort when you are accepted for who you are. It's more than inclusion, it's authentic acceptance and a state of feeling both connected and supported."

"If you don't know your neighbour well, take this opportunity to introduce yourself and have a conversation with them. You'll be surprised at what you can learn!"

Residents can collect 'calling cards' from the Civic Centre (1 Bay Road, Victor Harbor) to help get an initial conversation going. The calling cards have space for contact details and a note, so they can be filled out and left in a neighbour's letterbox.

Those who already have a connection with their neighbours may want to share a meal, enjoy a cuppa, or offer some excess fruit from the veggie garden to their neighbour.

The values of the City of Victor Harbor's Caring Neighbourhood Program fall in line with that of National 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.

For more resources regarding Neighbour Day visit neighbourseveryday.org.