

29th March

The Small Acts That Build Stronger Communities

Neighbour Day is a simple idea, but an important one. Strong communities begin with the relationships we build with the people around us. A conversation over the fence. A wave across the street. A smile when passing someone in the street. These everyday moments are often where connection begins.

Held on the last Sunday in March, Neighbour Day is Relationships Australia's national day of action encouraging Australians to connect with those around them and build stronger communities. It forms part of the broader Neighbours Every Day movement, which encourages people across Australia to nurture connection and belonging throughout the year. For more than two decades it has reminded us that when people know their neighbours, communities tend to be safer, more resilient and more supportive places to live.

Belonging rarely happens by accident. More often it grows slowly through everyday acts of respect, kindness and connection. Respectful relationships are the foundation of that sense of belonging and the communities we build together.

Here in Tasmania that message resonates strongly. In a place where people still greet each other in the street and identify strongly with where they live, those everyday connections underpin what it means to be Tasmanian.

Over the past year, Relationships Australia Tasmania has spoken with more than 1,600 people through a series of community conversations, asking what a connected and respectful Tasmania means to them.

People spoke about the importance of supportive relationships and the feeling of being known, valued and included. It could be a neighbour checking in or someone at the local shop remembering your name. These are the things that let people know they belong.

For more than 75 years our organisation has supported individuals, families and communities across Tasmania. Over that time one thing has remained clear, our relationships with others shape our wellbeing. They provide emotional support, help build resilience and create the sense of belonging that strengthens communities.

That is why we have set a clear vision for the future and are working to create a connected and respectful Tasmania.

Across the state many people are navigating growing pressures. Cost of living challenges, loneliness and mental health concerns are affecting how connected people feel to those around them.

Feeling connected to others is one of the strongest protections against social isolation and loneliness. When people feel seen, welcomed and supported, communities become stronger, healthier and more resilient.



Building belonging doesn't require grand gestures. It can start with something simple such as introducing yourself to someone new in the street, offering a helping hand or stopping for a quick chat.

These everyday acts of neighbourliness help create the Tasmania people told us they want to see, a place where everyone feels valued, where relationships are nurtured and where communities thrive.

So, this Neighbour Day, why not take a moment to reach out. Often the smallest gestures are the ones people remember and the beginning of connections that can grow across the year.

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About Relationships Australia Tasmania

RA Tas is a Tasmanian not-for-profit whose vision is to create a connected and respectful Tasmania. We believe in the power of connection, and support Tasmanians to build individual resilience, respectful relationships and connection to communities.

Alongside general counselling RA Tas offers support to Tasmanians through a range of specialist teams in Hobart, Launceston and Devonport

More information about the services and support we offer can be found on our website

www.tas.relationships.com.au.

