

Shellharbour Council encourages you to be good neighbours every day.

Connected neighbours have a greater sense of belonging, which leads to improved mental well-being and a reduction in loneliness. It also contributes to strength and resilience.

You can encourage other neighbours to establish respectful relationships by following these 5 tips to being neighbourly:

- 1. Start with a smile:** Make it a habit to flash a friendly smile or say hello, even in chaotic moments, it is sure to make a difference!
- 2. The initial chat:** Strike up a conversation with a genuine compliment, or a query, as this can be a great icebreaker.
- 3. Follow up:** Next time you catch each other, follow up on what you spoke about last time, this shows your interest and people will generally appreciate feeling listened to.
- 4. Kind gestures:** Kind gestures are the ideal way to build positive connections, so consider what you might be able to offer e.g. bring in their bins, water their garden, or share surplus produce or cuttings.
- 5. Host your own event:** Organise a Neighbour Day get together or engage in a neighbourly action – perhaps on Neighbour Day, or whenever is convenient for you. Think of something your neighbours might enjoy e.g. BBQ, morning tea, some friendly games, or perhaps leave a thoughtful note.

