



neighbour day

Sunday 31 March 2019

NUMURKAH

Newman Square
8.30 - 9.30am

The community
you want starts at
your front door™

neighbourday.org

 @NeighbourDay

 /neighbourday

 /neighbourday

COBRAM

Multicultural &
Youth Festival at
Federation Park
11am - 4pm

NATHALIA

Apex Park
8 - 9am

YARRAWONGA

Town Hall
Grass Area
8.30 - 9.30am

Neighbour Day is an annual celebration that encourages people to connect with their community.

Neighbour Day is usually held on the last Sunday in March each year, however events can be held on any day, with many streets and neighbourhoods across the country choosing a different date to celebrate that best suits them and their neighbours.

Whether through a cuppa, a picnic in the park, or a message of support; **Neighbour Day** is the perfect opportunity to say thanks for being a great neighbour and for being there when I needed you most. The actual meaning on **Neighbour Day** is so much more...

The principal aim of **Neighbour Day** is to build better relationships with the people who live around us, especially the elderly and vulnerable.

Neighbours are important because good relationships with others can and do change communities. Social connection also makes us feel better as it helps prevent loneliness, isolation and depression.

Neighbour Day brings together like-minded people, resources, and organisations to grow stronger, well connected communities.

Responsibility for Australia's annual celebration of community, **Neighbour Day**, was assumed by Relationships Australia in January 2014.

The wonderful thing about **Neighbour Day** is that it's a community movement; and it is communities that help spread the word and join in the **Neighbour Day** celebrations.



Enjoy a free BBQ breakfast with your neighbours this Neighbour Day in **Nathalia, Numurkah** and **Yarrawonga** on Sunday 31 March. Then join us at the Multicultural & Youth Festival in **Cobram**.