

ACNC approved Charity



Neighbourhood Connect

ANNUAL REPORT

Financial Year ended 30 June 2020



Because life is better when we belong

"The state of the nation starts in your street... Think about the kind of neighbourhood you'd like to live in and then start living as if it's that kind of neighbourhood. Pretty soon it will be."

- Hugh Mackay, Australia Reimagined

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Join us on social media:

Neighbourhood Connect Inc. is an Australian Registered Not for Profit Association ABN 61477565710 ARBN 629 671 389

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Get involved

Become connected



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What is

Neighbourhood

Connect?



In a nutshell

Neighbourhood Connect Inc is a national community organisation, with charity status, which helps people across Australia create neighbourhood groups that build happier, safer and more connected communities. Because life is better when we belong.

What we strive for



Our Vision is that every Australian has the opportunity to be connected in a neighbourhood group and to enjoy feeling part of a community. Our Mission is to create a connected neighbourhoods movement across Australia so that people feel happier, safer and more supported.

Values

In our work we strive to demonstrate:

• Community

Collaboration

• Inclusiveness



Our approach

We are building a connected neighbourhoods movement across Australia. We do this by supporting people to start neighbourhood groups and by inviting groups who have started another way to join our Network.

What's unique about our approach? Neighbourhood Connect Groups:

- meet in person when possible to develop real life relationships (although groups can be non contact where social distancing is required)
- in addition to connecting socially may have a particular focus (eg. gardening, sustainability,
- typically cover an area smaller than a suburb, such as within a 5-10 minute walk or even a single apartment building or complex.
- are open to helping one another by sharing skills, knowledge, possessions and produce
- share the leadership of the group (preferably have a team of 3 or 4 "Connectors")

place making, etc.)

- are independent of politics, religion, government and service providers (although support is welcome)
- are informal and sustainable (they don't need money)
- hold simple, regular social activities



The Neighbourhood Connect approach of creating informal ongoing groups of neighbours is highly effective in:





Creating social capital and a sense of community, belonging and trust



Increasing social support through neighbours helping one another



Improving happiness and wellbeing



Increasing engagement in the local community and in local issues



Decreasing loneliness and social isolation



Increased utilisation of local businesses



Irene Opper President

What have we achieved? President's Report

Welcome to our first Annual Report - it has been a year in which we have continued to expand support for a growing number of neighbour groups across Australia.

Over the last few years we've taken an idea (supporting people to create neighbour

groups) and experimented with it. We found that whichever way we tweak it, the basic idea works, giving us proof of concept, and, furthermore, that being in a group makes a positive difference in peoples' lives. Going forward, we intend to scale it up so that many more people can benefit.

Our key achievements:

Helping new groups to form

- Reached 62 groups in our Network, of which 35 were started with our support.
- Reached every State and Territory across Australia.
- Delivered 'Know your Neighbour' workshops to build the confidence and skills required to start a neighbours group. We then support them as they hold their first event and establish their new neighbourhood group.
- Commenced our 'Let's Get Neighbourly' webinars to upskill aspiring Connectors in response to Covid-19, engaging more people across Australia.
- Further developed and shared tools to aid people wanting to build a connected neighbourhood. Examples include: designing alternate ways of connecting during Covid-19 restrictions; '80 ways to Connect with Neighbours;' and 'How To' Guides.
- Supported Connectors by sharing inspiring stories from other groups and providing them with new tools and ideas.

Spreading the idea, working with like minded organisations

- Presented the Neighbourhood Connect story and detailed its role in preventing social isolation, loneliness, anxiety and depression at conferences and events.
 We are featured on The Centre for Optimism's website.
 https://www.centreforoptimism.com/The-Optimism-of-Neighbourhood-Connect/
- Connected with a range of great organisations (see our 'Friends' on our website) and became a Very Neighbourly Organisation with Neighbour Day (Relationships Australia).
- Participated on the leadership team for the Friendship Alliance, a group of organisations calling for the government to develop a Loneliness Strategy.



Irene Opper President

President's Report continued

Fundraising

- Raised over \$5000 through our first crowdfunding campaign, helped by an inspiring video created by Beth and Maureen.
- Green Knoll Neighbours Group (St Kilda, Melbourne) put on a fundraiser for us

showcasing local art and craft work in the stunning home of members Geoffrey and Mathew, raising over \$500.

To strengthen our organisation, we took the following steps:

- We undertook a Strategic Review, with the help of an external facilitator, Danny Davis. This confirmed that helping people form neighbour groups to create community remains needed and valuable and that we need to secure resources to scale it up. We revised our Funding Strategy.
- We interviewed and surveyed our Connectors, which gave us valuable evaluation insights.
- Matt Kutur, Chief IT Problem Solver from Itgeniq, undertook a pro bono IT Review and began putting in place great new systems.
- Grace Villarino, Website Designer and Alieca Tam, Graphic Designer gave our brand a makeover with a new look website and update of key documents.
- Ernest Stabek, SIP Management Consultants, guided us to develop a Logic Map, also on a pro bono basis.

The first half of 2020 posed challenges for us all. While people had to practice social distancing, it needn't mean disconnecting socially. Indeed, social connection and looking out for one another was and is needed more than ever. We adapted by designing an alternative process for people to form a neighbour group and help one another without face to face contact, and began delivering this through free webinars on Zoom. These are proving to be a great way to reach potential connectors and provide the missing piece – the 'how to' of connecting with neighbours.

Neighbourhood Connect is run by people working on a voluntary basis. A huge thank you to the Board and the Project Team for all their work, passion and dedication in building a unique and wonderful organisation.

"Neighbourhood Connect is making the world a better place, one neighbourhood at a time."

-Scott Banister-Jones, Community Connector, Nedlands Neighbours Group, WA

Our Impact

"I am mightily impressed with the Neighbourhood Connect initiative – it's a particularly good example of the positive action that can be taken to deal with the malaise of social fragmentation, isolation, loneliness and anxiety."

- Hugh Mackay, AO - Social Researcher and Author

We have a commitment to evaluation and to sharing the evidence that what we do makes a difference. We conducted evaluation through structured interviews and surveys with group leaders

("Connectors") at the end of 2019, exploring Neighbourhood Groups, their reach and outcomes, and the experiences of Connectors. Connectors from 14 groups took part in the interviews.

There has been steady growth in the number of neighbour groups. The majority of neighbourhood groups have been in Victoria, followed by Western Australia. The vast majority are in urban areas. Groups have between 17 and 206 members, with 15 to 80 per group coming along to face-to-face events.

Each neighbourhood group has its own flavour, shaped by its members. Most groups have a regular social gathering at a local venue, park or home. This ranges from every 3 weeks to every quarter.

"People have been getting to know each other better and that has led to sharing and a sense of belonging. I feel I know these people so much better now.

There's a nice community vibe around the neighbourhood. Kids have got to know each other better they've made friends. We've activated the community about local issues. I feel it's easy now to ask for help, such as feeding my cat. People are happy to help."

- Maureen Maher, Hilton Neighbours Group, WA

Feedback from Neighbour Group Members

"Thank you for your efforts in bringing people together. It's the care and conversation we have with our neighbours that define the spirit of place."

- Alex, Green Knoll Neighbours Group, Vic

"Thank you for your kind invite. It's brilliant! I've been wanting to gather the neighbourhood for over 10 years now but never managed to get round to it. Such a great initiative!"

- Michelle, Sorrento Neighbour Group, WA

"I've been here several years but I still didn't know many people in my area before today. This is great -I've learnt so much from the people I've met today."

- Monica, Green Knoll Neighbours Group, Vic

"Thank you so much for arranging such a worthwhile event. Someone like me, having lost my partner recently, I'm on my own with my two kids so I would love to meet the neighbours."

- Attendee, Hillarys Neighbour Gathering, WA.

'This group is so important. I have come to realise how the community is where the change will come from. In a world of uncertainty, this connection is more important than ever."

- Member, Hilton Neighbours Group, WA

Snapshot





of connectors reported having stronger connections, friendships and relationships among neighbours.



Connectors have higher sense of community, life satisfaction and social support than reported in large scale Australian studies.

140+ events held by NC groups (1 year - 2019)



of Connectors would not have started a neighbour group without support from Neighbourhood Connect.

O with neighbours.



increase in connections

Before starting a group Average of 8 neighbours After the neighbours group Average of 57 neighbours

Outcomes for connectors



"People feel welcomed and part of the community, especially new people, others have been here a long time and feel they now know their neighbours. People are being more neighbourly. We celebrated our neighbour's 90th birthday and, as her family lives in Canada, this was so important to her."

- Bec Feldman, Bayswater Neighbours Group, Vic

What has happened as a result of having Neighbour Groups?

Neighbours build a strong sense of community and reduce loneliness through a wide range of activities:

Creating opportunities for social connection:

- Sharing conversation and food at local restaurants, parks (barbecues) and homes. Most keep it simple (buy your own or bring a plate), others have progressive dinners and cake bake offs! Some add games or a talk to the mix.
- Groups have larger activities from time to time, such as end of year celebrations, parties, outdoor movies, Easter egg hunts, treasure hunts, cricket. Using the skills of local members, there is sometimes live music and face-painting.
- Some groups include a walking group (with or without dogs), Zumba classes, aqua aerobics and social golf.
- One group has its own choir.
- Neighbours go together for live music, talks, trivia, wineries, shows and movies.

Lending a helping hand to others:

- Some groups improve the neighbourhood by having clean ups and then socialising over, for example, strawberries and champagne. Some garden and plant together.
- Some groups add an element of helping the disadvantaged by having everyone bring along coats, blankets or other things to donate to charity.
- The email list or Facebook group is used for sharing and asking for help or recommendations.

Improving engagement with their local community:

- A couple groups have gained money through council or crowd funding to hold an event or improve their park.
- Some take action on a local issue.

What does this all mean?



Strong bonds are formed between neighbours:

Many friendships have been made by adults and kids, improving social life and limiting Ioneliness and social isolation.



More people are reaching out to those in need:

Neighbours are helping the more vulnerable members of their group, especially those who are elderly, have a disability, are ill or have lost a loved one. Providing a helping hand can range from providing practical help like meals and produce, lifts, fixing things to emotional support like providing company and a sense of security to others.



More involvement in the community

People are getting more involved in the community and being healthier by exercising together and sharing recipes and produce.

"It's very rewarding - we are making a difference, getting people together, lessening people's loneliness. This has been one of the best things I've ever done - it's made a

Survey Findings

The survey was designed to uncover impacts on Connectors who have been having regular activities with neighbours for over 6 months. Of the 14 Connectors interviewed, 3 were excluded from the survey because they have not had regular gatherings for over 6 months. 11 Connectors completed the survey. While this number is small, the comparison data comes from large scale studies.

big difference in my life."

- Jenny McCarthy, Vintage Car Club Neighbours Group, McCrae, Victoria



Greater sense of belonging and trust

The Connector's average score on satisfaction with feeling part of the community was 8.39, which compares favourably with the result of 6.63 from the nationwide HILDA study in 2013¹ and 6.75 in data from sixty four Melbourne Metropolitan Councils in 2018².

91% have greater trust in their neighbours since starting a neighbour group.

Connectors



Melbourne Metro Councils

6.75

HILDA Study

6.63

Improved life satisfaction, happiness and wellbeing

The Connector's average score on life satisfaction was 8.64, which compares favourably with 7.6 from the Australian Bureau of Statistics General Social Survey³ and 7.9 from the HILDA study⁴.

Connectors

HILDA Study7.9ABS Survey7.6

Neighbourhood Connect Annual Report



80%

Happier and have greater wellbeing

91% reported that since starting their neighbour group they are happier and have greater wellbeing.

Of those who experience loneliness, 80% experience less since starting a neighbour group. While 17% of Australians in the HILDA study often felt lonely⁵, none of the Connectors felt this.

Improved social support

80% of Connectors help their neighbours at least monthly (some daily or weekly). 40% receive help weekly, 50% monthly and 10% every few months. While 9.5% of Australians lack social support⁶, none of the Connectors lacked social support.



80%

Greater involvement in local issues

82% report greater awareness of local issues and 73% report greater involvement in local issues compared to before they started a neighbour group. 45% now use local businesses and services more.

Impact: UNSW Australia, Sydney and UWA, Perth.

² Sixty-four councils participated in the 2018 survey, with a minimum of 400 interviews undertaken within each participating municipality. JWS Research (2018) Local Government Community Satisfaction Survey 2018 State-Wide Research Report, Department Of Environment, Land, Water And Planning On Behalf Of Victorian Councils, Melbourne Accessed via https://www.localgovernment.vic.gov.au/our-programs/council-community-satisfaction-survey

³ Australian Bureau of Statistics (2014) General Social Survey: Summary Results, Cat. No. 4159.0, Australian Bureau of Statistics, Canberra

⁴ Reeve, R., Marjolin, A., Muir, K., Powell, A., Hannigan, N., Ramia, I. and Etuk, L. (Eds.) (2016) Australia's Social Pulse. Centre for Social Impact: UNSW Australia, Sydney and UWA, Perth.

⁵ Relationships Australia (2018) Is Australia Experiencing an Epidemic of Loneliness? Findings from 16 waves of the Household Income and Labour Dynamics of Australia Survey, Canberra Accessed via https://www.relationships.org.au/what-we-do/research/An-epidemic-of-loneliness-2001-2017

⁶ Relationships Australia (2018) Is Australia Experiencing an Epidemic of Loneliness? Findings from 16 waves of the Household Income and Labour Dynamics of Australia Survey, Canberra Accessed via https://www.relationships.org.au/what-we-do/research/An-epidemic-of-loneliness-2001-2017

¹ The Household, Income and Labour Dynamics in Australia (HILDA) Survey is a nationally representative longitudinal study of Australian households, which commenced in 2001. It is run by the Melbourne Institute of Applied Economic and Social Research at the University of Melbourne This data is drawn from in the following report: Reeve, R., Marjolin, A., Muir, K., Powell, A., Hannigan, N., Ramia, I. and Etuk, L. (Eds.) (2016) Australia's Social Pulse. Centre for Social

Stories from the Neighbourhood

The Vintage Car Club in McCrae...it's for people.



What turned this area into a blossoming community was 60 initial letterbox invites, leading to 20 attendees at that first meeting. In just over two years, these former strangers, along with new additions, have built ties that enrich their lives on a daily basis.

The Vintage Car Club is a neighbour group in McCrae, on the Mornington Peninsula in Victoria, named after their local streets, all sharing vintage car names. You're more likely to see these group members chatting over the fence or sharing a glass of wine than polishing their hubcaps, and that's just the way they like it. People who live alone have found a strong system of support against their loneliness and more often than not, there is someone to join you on a walk, go to water aerobics with or have a laugh with on the other side of your fence. Group Connector, Jenny McCarthy, now gathers people monthly for social occasions and is thrilled with the outcomes.

"The formation of our neighbourhood group has created a wonderful sense of community and friendship amongst us all. We all feel safer in our locality and confident that our neighbours would come to our aid in an emergency situation."

St Kilda West Neighbourhood Connect Group

Going on three years now, the St Kilda West Neighbourhood Connect Group has cultivated a community that gives its members a sense of home and belonging, not just a coincidental similarity of addresses. Catch-ups, walks, movies, and just "giving each other a hand" are all part of it, says Clare, who is grateful for the



lovely people and new friends she has met as a result of this neighbour group.

Indeed, this Melbourne-based suburban community has been a boon for people in different situations. Sara recalls, "When we were younger, there were easy ways to meet people. Now it's harder. We're new here and were so happy to get the invitation to meet our neighbours. It's great for us." According to Barb, one of the earliest members and a connector in the group, living in a closelyknit neighbourhood has given her a system of support outside work and family. The relationships she has built with her neighbours have added value to her life and knowing more neighbours is a win-win "It's great bumping into people I know and having a chat."

Workshops and Presentations

Conferences and workshops have provided forums to share our experience of creating neighbourhood connections to build social capital and wellbeing, and reduce social isolation, loneliness, depression and anxiety.





Know Your Neighbour Workshops

Maureen Maher, Communications Manager and WA Coordinator

Neighbourhood Connect 2019/20 workshops to:

- City of Cockburn
- City of Mandurah

Presentations



How to Get People Connecting in Real Life in their Neighbourhoods Irene Opper, National Manager Power to the people: Building Citizen Driven Communities Conference, Canberra, August 2019



The Neighbourhood Connect way of building social cohesion

Klaus Veil, Vice-President

Social Cohesion Conference, Sydney, November 2019



Building Social Connections in the Neighbourhood

Bec Feldman, Organisational Development Manager Connecting Communities - Tackling the Loneliness epidemic on the Peninsula, Vic, October 2019

Our People and Journey

Board members



Irene Opper | BA MSWAP - President

Master of Social Work Administration and Planning (University of Queensland) Bachelor of Arts (Monash University).

Over 30 years experience managing not-for-profit sector and government services and projects.

Community Connector - Green Knoll Neighbours Group, St. Kilda, Victoria

Portfolio: National Management



A/Prof Klaus Veil | FACHI FHL7 MAICD - Vice-President

Bachelor Of Economics (equiv.) - Albert Ludwigs University, Freiburg, Germany Fellow - Australasian College Of Health Informatics Fellow - Health Level Seven, Ann Arbor, USA Past President - Australasian College of Health Informatics Past Chairman - HL7 Australia, Canberra Managing Partner - Digital Health & HL7 Education Partners, Sydney/Melbourne/Kuala Lumpur

Portfolio: Governance and Information Technology



Maureen Maher | BSc (Health Promotion) Grad Cert Social Impact

- Hon. Secretary

Bachelor of Science (Health Promotion) Grad Certificate Social Impact Ass Dip Dental Therapy Community Connector - Hilton Neighbourhood Connect Group, Perth

Portfolio: Communications



Joanne Hargreaves | B.Bus (Acc) - Hon. Treasurer Bachelor of Business (Accounting) Post-graduate qualifications in Gerontology Former Technical Officer - Australian Taxation Office

Portfolio: Accounts



Bec Feldman | OAM BA – Board Member

Bachelor of Arts (Social Work)

Disability Advocate

Community Connector - Bayswater Neighbourhood Connect Group, Victoria

Portfolio: Organisational Development



Our fantastic National Project Team

Our organisation is voluntarily run, so we rely on a dedicated group of people from all around Australia to support our growth. A big thanks to

these people who supported us in the last 12 months.



"Getting involved in the Neighbourhood Connect project team has been one of the highlights of my year. It has given me a chance to work on an array of tasks that suit my skills, gain experience outside of my field and to contribute to addressing the issue of social disconnection that I am passionate about. I've enjoyed doing this alongside interesting, diverse and skilled people."

Bec Feldman – Organisational Development Manager

Irene Opper National Manager

Maureen Maher

Grace Villarino Website Design

Jane Figgis

Sushma Hegde Team Coordinator

Ernest Stabek

Communications Manager and WA Coordinator

Bec Feldman Organisational Development Manager

Klaus Veil IT systems

Alieca Tam, Sonya Murphy Desktop publishing Editing

Beth Massey Video production

Matt Kuter Chief IT Problem Solver

Sean Egan Volunteer Recruitment Coordinator **Business Development Advisor**

Rhiarnna Bishop Partnerships

Jus Simpson, Danny Davis Facilitators and Advisors

Melanie Irog Fundraising

Funding Team

Lauren Jenkinson Funding team leader **Dr Mark Brophy** Advisor and Trainer Briana East Dan Coleman Sam Grounds Sudipta Gupta



Promotion team			
Arpitha Shivakumar	Briana East	Farzana Mirdadi	Josh Parrott
Laura Parker	Maika Vicente Navarro	Petros Perimenis	Robert Barlow
Saumya Vig	Shenhav Nave	Vern Hughes	Victoire Mafuta
Yuliana Munoz			

Supporters

We are very grateful for the support provided from the following organisations:

















Neighbourhood Connect Annual Report



"The future will not be a new, big tower of power. Our hope in the future is...well-trodden paths from house to house. That is the image that holds a lot of promise for our future."

- Raimon Pannikar

We began in 2014 as the Street by Street Project implementing a model developed by the Centre for Civil Society, an Australian social innovation and public policy institute. We held a design lab to workshop the approach and developed a process and tools for helping people form neighbourhood groups.

Using a variety of 'PR' strategies, we encouraged individuals (and small teams) to become "Connectors" and helped them to start – without formality or local resources – neighbourhood groups, turning streets into communities. Along the way, we attracted a passionate and talented team of people working on a voluntary basis and fostered a national network of neighbourhood groups. local neighbourhood, feeling a sense of belonging, is at least as good for one's health as quitting smoking or exercising.

In 2018 we chose to change to the name of Neighbourhood Connect as it clearly describes what we do. We developed a Strategic Plan and a Constitution, elected our inaugural Board and became incorporated on 21 September 2018. We registered as a national Not for Profit and became a registered Charity under the category of Advancing Health on 25 November, 2018. We acted as an auspice for 'Cooking from Home', a Perth project which created connections through

In 2018, we examined research in Australia and overseas to provide evidence for ourselves and for others that our intuitive sense that connecting neighbours does 'good' was, indeed, correct. Our report Social Connections - the Antidote to Anxiety and Depression,¹ like other reports that examined connection and disconnection, drew an unsettling picture. Many Australian adults are disconnected from family, friends and neighbours: one-third are not involved in a single social or community group. The international research consistently finds that this social isolation and its common bedfellow loneliness, adversely affects our health, often resulting in depression and anxiety. It doubled our resolve to learn that one million Australians suffer from depression and two million from anxiety. The research did show that improving a person's involvement in his/her

cooking and sharing meals together.

In 2018, Neighbourhood Connect groups held over 130 events with more than 400 participants and generated over 4,000 hours of real-life human connection. We saw this increase in 2019. Since the start we've seen a steady increase in the number of neighbour groups we have sparked and have been heartened by the great connections that have been created.

We are being recognised for our knowledge and have presented at national and international conferences to share our insights into neighbourhood connection. In 2019, we showcased our work in a video and held a successful crowdfunding campaign. In 2020, we developed an alternative model for neighbour groups, allowing for social distancing and noncontact. We continue to cultivate collaborative relationships with our 'Friends' and expand our Neighbourhood Connect Network.

¹ Opper, I., Maher, M. & Figgis, J. 2019 www.neighbourhoodconnect.org.au/research



Treasurer's Report

In 2019-2020 Neighbourhood Connect improved our financial position by gaining contracts and grants from local governments and undertaking a successful crowdfunding campaign. We also established a register of related party transactions.



Joanne Hargreaves B.Bus (Accounting) Treasurer

As Secretary of Neighbourhood Connect, Maureen Maher declares that in my opinion:

- there are reasonable grounds to believe that the registered entity can pay all of its debts, as and when they become due and payable; and
- the financial statements and notes satisfy the requirements of the Australian Charities and Notfor-profits Commission Act 2012;
- the financial statements and notes present fairly the registered entity's financial position as at 30

June 2019 and its performance for the year ended on that date.

Signed in accordance with subsection 60.15(2) of the Australian Charities and Not-for-profit Commission Regulation 2013.



Maureen Maher BSc (Health Promotion), Grad Cert Social Impact Secretary

4th day of September 2020

Financial Reports

Neighbourhood Connect Inc. is incorporated in Victoria (A0104326V) and is an Australian Registered Business (ARBN 629 671 389) and an ACNC approved Charity (ABN 61477565710)

Statement of Comprehensive Income		2019 - 2020	21 September 2018 to 30 June 2019
Income	Bank interest	\$29	\$61
	Program	\$5,800	

	Donations	\$5,890	
	Other income		\$353
	Total Income	\$11,719	\$414
Expenses	Incorporation Fees	\$409	\$213
	Social media	\$370	
	Consultants - Project Delivery	\$3,300	
	Insurance	\$561	
	Corporate banner		\$72

Office supplies	\$18	
Administrative expense*	\$65	
Total Expenses	\$4,723	\$285
Surplus/(Deficit)	\$6,996	\$129

* Timing difference administrative overpayment resulting from an Auspice Account withdrawal transaction. This will be rectified early in the 2020-21 financial year when \$65 will be refunded to the Neighbourhood Connect Account from the Auspice Account.

Statement of Financial Position		30 June 2020	30 June 2019
Assets	Total cash at bank	\$7,125	\$129
	TatalAcata	¢フ 1 つ ら	¢170

I otal Assets

\$7,125

\$129

Liabilities	Total Liabilities		
	Total Liabilities		
	Total Retained Earnings	\$7,125	\$129
	Total Equity	\$7,125	\$129

Note: These financial reports are un-audited.

Get involved Become connected

Be part of the connected neighbourhoods movement

"It's good fun. We feel part of a community now and most of us felt isolated before. One lady



Start connecting in your neighbourhood with our support



Share your stories of neighbourhood connection with us



Support us with financial Volunteer on our National Project or in-kind resources so we can expand Team

who is on her own said she was always frightened, alone and isolated – she doesn't say that anymore – she can walk to any of our houses and we'll give her a hand.

We all know each other so well. There have been spin-offs – 3 women go to water aerobics together. Many people go for walks together, some with dogs – some every day. People have given others lifts to hospital for tests. Several of us rallied and helped a neighbour to move into a retirement home.

The men borrow tools from each other and have a rubbish bin competition – to see who

can get everyone's bins in or out first – the guys love that. People will come out to say thanks and they'll chat for half an hour. We share recipes and food. People ask 'can anyone loan a juicer' or something and someone does. We watch out for each other, keep an eye on each other's properties, feed each other's pets, collect mail.

We all feel happier being part of a community. It's been over a year now and everyone's still enthusiastic. This really lessens depression and anxiety. The two people who have lost spouses have been given a lot of support that they wouldn't have had otherwise. They've opened

Desktop publishing by Alieca Tam

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their homes and their lives"

- Jenny McCarthy, Vintage Car Club Neighbours Group, McCrae, Vic