

# Create Belonging

**NED**

NeighboursEveryDay.org

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**Having a strong sense of belonging is crucial for wellbeing. The support, connection and inclusion provided by people around us has a positive impact on our mental health and increases our resilience to cope in times of adversity. This Neighbour Day, reach out to someone on your street to chat or help them with something, throw a street party or have a driveway catch up.**

