



## WEBINAR SUMMARY

# Building communities that create belonging

**Having meaningful connections and a sense of belonging plays a crucial role in our overall mental wellbeing – a principle that lies at the heart of Act Belong Commit.**

Neighbours Every Day is a campaign which promotes the benefits of social connections. When people connect with their communities, they have a greater sense of belonging, which leads to improved mental wellbeing and a reduction in loneliness.

Neighbour Day is held on the last Sunday of March and is a call to action to increase social connection in local communities. Neighbour Day helps raise awareness of the importance of social ties and encourages people to host or support events that bring people together.

In the most recent Act Belong Commit Partner webinar, the team at Neighbours Every Day shared a range of strategies, tools, resources and advice to help organisations, local governments and community groups engage their community and build genuine inclusive and connected environments.

The Neighbours Every Day resources can help facilitate the planning and promotion of neighbourly activities and events on Neighbour Day or throughout the year.

Partners are encouraged to explore both the Act Belong Commit and Neighbours Every Day websites to help build and share belonging within their communities.

Links to key websites and resources have been shared below.

### Key websites

-  [actbelongcommit.org.au/my-mental-health/belonging](https://actbelongcommit.org.au/my-mental-health/belonging)
-  [relationships.org.au](https://relationships.org.au)
-  [neighbourseveryday.org](https://neighbourseveryday.org)
-  [neighbourseveryday.org/belonging](https://neighbourseveryday.org/belonging)

### Key resources

- [Neighbours Every Day resources](#)
- [10 ways to achieve belonging](#)
- [5 tips to share belonging](#)
- [Act Belong Commit Harmony Week/ Neighbour Day resources](#)