



Fostering connection in shared spaces

Whether you're living in an apartment, estate or house, opportunities to connect with the people around you are crucial for your health and wellbeing.

Small interactions, such as a nod or hi to a neighbour, can bring joy to your day. But how do we bring people together in a way that leads to more meaningful connections?

Based on existing communities across Australia, we've put together low/ no cost ways neighbours and residents can facilitate connection, as well as considerations when developing ideas.



Weekly Walk

Organise a weekly walk that people join on their own, with family or pets. This is a great way to schedule exercise while also encouraging conversation.

Community Garden

Growing a garden or vegetable patch in a shared space is a great way to get outdoors and connect over shared interests.



Parent group

Being home alone with a new baby can be lonely. Organising time for parents to come together with their little ones means adults get to socialise and babies get to interact.

Monthly excursion

Already have plans but would like some company? Invite people along to local activities or places you intend on going.



Dinner exchange



Cook your favourite dish and exchange with a neighbour so they get to experience your food and culture, and you theirs.



Connection considerations

When bringing people together, the environment is just as important as the activity itself. Apply these four tips to foster a culture of connection.

1

Make a habit of it

Don't make it a one off. Try to schedule a time or day a week, so people can build it into their routine. Doing this also gives more opportunities for people to join when they're ready.

Get the word out

Some simple ideas for promoting your connection opportunities include; a notice board in unit blocks, an agenda item at strata, street posters and community groups (such as facebook).

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Break down barriers

Connecting doesn't always come easy. Some people may struggle turning up to a new group. If you're hosting an activity, consider how people are welcomed and perhaps have a dedicated person initiating conversation.

Make it doable

Try to make it easy for yourself and others to commit to. If people feel like they can come along, when possible, it will ease the pressure and make the experience more enjoyable.

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For more connection ideas, visit [Neighbours Everyday](#)