

# Connecting Neighbours

Mosman is a thriving community due to the residents who give their support and in turn reap the personal rewards of helping others.

You can also contribute in your own way by connecting neighbours.

## **Mosman provides many opportunities for residents to connect with each other**

**N**otice what's going on in your neighbourhood. Is someone's mailbox overflowing? Does someone struggle to put the bins out every week?

**E**ngage with your neighbours and consider organising a neighbourhood get-together or street party.

**I**nitiate conversation. Saying hello is small but meaningful. Chatting to someone new can be intimidating. Make life easier for others by starting the conversation yourself.

**G**rab a cup of tea or coffee with a parent, grandparent, aunt, uncle, cousin, neighbour or anyone else. It takes less than half an hour to brighten someone's day.

**H**elp your neighbours. If you see someone struggling with something, offer to give them a hand. It's a great way to start a relationship with someone in your community.

**B**ring your computer over! If you have a neighbour who is interested to be computer literate, conduct informal tech-lessons to connect them to the World Wide Web!

**O**ffer to give someone a lift or pick up supplies. Mobility is a problem for a lot of people, and sometimes a quick lift down the road will make all the difference.

**U**nderstand that every person's interests are different, and it may take a little time to find something you have in common.

**R**emember, there is professional help available for anyone who is struggling with their health and wellbeing. If you are concerned about someone, don't be afraid to ask for help.

**Lifeline** 13 11 14

**Mensline Australia** 1300 789 978

**Mosman Council Aged and Disability Services** 9978 4128

**In an emergency, please call** 000

