



Media Release

Victoria State Emergency Service

How to play your “roll” – Neighbour Day 2020



As Victorians take the important step of social distancing, VICSES has decided to make some key changes to our participation in the annual Neighbour Day campaign.

The current circumstances surrounding COVID-19 mean the way we support and interact with each other may look a little different, but is just probably more important in terms of our social connections and supporting people who are vulnerable.

VICSES is asking neighbours around Victoria to hold onto Milo tins and teabags for now, and instead of the face-to-face interactions, send their neighbour a **text**, **email**, or make a **phone call** to check on how they're going.

If you don't have your neighbour's details, you can pop a 'calling card' into nearby mailboxes, which include your house number, contact details, and a friendly message. Or alternatively you can join a community or neighbourhood group online but remember to follow trusted sources of information in relation to the updates on the pandemic.

Right now a large amount of people are working from home, self-isolating, or social distancing – giving the most vulnerable Victorians a chance to stay safe.



It is important we all play our “roll” in supporting each other during this time, including offering items like **toilet paper**, tissues, bread, rice, and pasta, if you have some spare where possible. This is especially important if your neighbours are elderly or feeling vulnerable.

Community bonds between Victorians are strong, with now an important time to look for each other, and as well as our own health.

VICSES first got involved in Neighbour Day in 2019 given we’ve seen first-hand the positive impact a relationship with neighbours can have when faced with a flood or storm emergency. The current pandemic changes how we’ll engage in it but the essence of our involvement in the campaign is as important as ever.

For more information on Neighbour Day 2020, read this update from [Relationships Australia](#) or visit our [Neighbour Day website](#).