

Media Release

IMMEDIATE RELEASE
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Building neighbourly connections

When Faye injured her foot at home, she called out to a neighbour who drove her to the hospital, then collected her mail and took out her bins during her stay.

A resident of one of ACH Group's retirement living villages, Faye says having a close connection with neighbours is one major benefit of being part of this type of community.

"I was so lucky to have someone nearby who knew me and who was willing to help," she says. "I had people rally around while I recovered and helping me get back on track. We look out for one another all the time."

Neighbours around Australia are encouraged to get together to celebrate and connect as part of Neighbour Day on Sunday March 29, which this year has the theme 'Social Connections'.

ACH Group's Nat Johncock said living in a retirement community offered opportunities for neighbourly connections, a sense of belonging and genuine community links.

"Sometimes as people age they may find it harder to stay in touch and might feel isolated and lonely," she said. "Retirement living communities offer common spaces and activities and events to create opportunities for people to meet. It might be a chat by the letterbox, a cup of tea with someone, or a wave as you take the bin out."

Nat said being part of a retirement living community made catching up easy, whether through organised activities such as social drinks, card games or garden groups, or through common spaces such as a community centre or outdoor entertaining area.

Residents at ACH Group's retirement village Elkanah in Morphett Vale will enjoy a shared afternoon tea gathering at the Elkanah Community Hall to celebrate Neighbour Day.

Over 900 people call ACH Group Retirement Living units home across Adelaide, the Fleurieu Peninsula and eastern Melbourne.

To find a property near you visit ach.org.au/available-units/

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About ACH Group

ACH Group is a not-for-profit aged care organisation that has been offering services to support good lives for older people in South Australia since 1952.

As well as accommodation options across Adelaide, the Fleurieu Peninsula and East Melbourne, the group offers a range of health, wellbeing, respite and support services, help at home and social activities.

Our 1700 specialist staff and hundreds of volunteers share the belief that older people should be valued and respected, connected to their communities and in control of their lives.

For further information or comment, please contact Kelly Walker on 0417 856 361 or KWalker@ach.org.au