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For immediate release

Neighbourly relationships celebrated

In the week leading up to Neighbour Day, residents in five ACH Group retirement living villages celebrated their local community. Hundreds of residents including Rita Gullick and Gill Cibich, enjoyed a chat over lunch and even tested their skills on video games.

In the four years Rita has lived in one of ACH Group's retirement living communities in Magill, she's realised the benefits of having neighbours nearby.

Rita is particularly close with her neighbour Gill and in an emergency, she learnt the importance of their friendship.

"One day Gill called an ambulance for herself. While waiting for the ambulance to arrive, she sent me a text message about what was happening," Rita said.

"I was over at her house in no time at all. I waited with her until the ambulance arrived and then kept her keys so I could pass them onto her grandchildren."

In more light-hearted moments at the ACH Group village, Rita said everyone knows that fellow neighbour George makes the best coffees with his coffee machine and Jill once offered to alter Rita's grandson's school uniform pants because they were too long.

Rita, who lives with her husband, describes the retirement community setting as friendly, happy, and quiet.

"It's a great community, everyone looks after each other and you can socialise together, but you still feel like you have your own privacy," Rita said.

Wendy Dalling has lived in an ACH Group retirement living unit in Christies Beach for two years.

"I moved to Adelaide from the country where there was a strong feeling you were part of a community and this has always been important to me," Wendy said.

"When I first moved to the city I rented privately and felt nowhere near as comfortable as I do now.

"In our street I am close with three ladies. We have drinks together and chat about our families, what movies are worth seeing."

ACH Group's Head of Retirement Living Teresa Yeing said Neighbour Day, officially held on 28 March, saw events held across the nation to encourage people to connect with their neighbours, while celebrating the importance of community connections.

“Connecting with your neighbours can go a long way in creating a sense of belonging and can tackle loneliness,” Ms Yeing said.

“Sometimes people find it difficult to make new social connections and therefore may feel isolated and lonely. Retirement living communities offer common spaces, activities, and events, like Neighbour Day lunches, for people to meet and feel part of a caring community.

“Every day in retirement living communities there are opportunities for social interaction such as a chat by the letter box, a cup of tea, or a wave as you take the bin out.”

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

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.

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