

NED Belonging Every Day Bingo

	Wave and smile at a neighbour you pass on the street	Ask someone how they are – and really listen	Invite someone to join you for a cuppa	
Leave a positive handwritten note in someone's letterbox	Share something from your garden with a neighbour	Give someone a genuine compliment	Offer to help someone with a small task	Learn a neighbour's name, and greet them with it a few days later
Plan a local BBQ	Share a tip that helps your wellbeing		Introduce yourself to someone new to the area	Volunteer with a local group
Offer support to someone trying something new	Follow Neighbours Every Day on social media	Go for a walk at a local park and greet other walkers	Join a group activity you haven't tried before	Celebrate someone else's success
	Ask someone what makes them feel connected	Take a walk and invite others along	Join a group exercise class at your local gym or sporting club	