



northern  
beaches  
council

# It takes a village

Easy Read



**Easy Read**

[www.northernbeaches.nsw.gov.au](http://www.northernbeaches.nsw.gov.au)

# About this info guide



This info guide is about a new program from Northern Beaches Council.

We will say Council for short.



The program is called **It takes a village**.



The program wants to help people feel part of where they live.



It also wants to help people feel less lonely.

# Why we need this program



We need this program because it helps people spend more time with others.



People are more happy and healthy when they spend time with other people.



When people are happy and healthy it can help them live longer.



When people feel lonely a lot they can get health issues like

- Depression
- Anxiety.





**Depression** is when you feel sad a lot and do not want to do anything.



**Anxiety** is when you feel stressed and worried a lot.



We know that many people in Australia are lonely.



A lot of people say they want to spend more time with people.



We also know that many people do not talk to their neighbours often.

**Neighbours** are people you live next to.



Lots of people do not know their neighbours.



They have no neighbours they could ask for help.



Some people do not trust their neighbours.



Council wants to help neighbours meet each other so they are not lonely.

# About the program



People feel less lonely if they are part of groups.



If you want to feel less lonely you can

- Be part of a group in your neighbourhood.

**Neighbourhood** means the area you live in.



- Join a group of people who like to do the same things.

This might be things like dancing or biking.



- Do volunteer work

**Volunteer work** is when you do work for free.

Our new program wants to help people



- Get to know their neighbours



- Be part of a group or club



- Think more about how to help other people.

# 10 things you can do



We made a list of 10 things you can do to help.



1. Ask your neighbour their name.



2. Have a party with your neighbours.



3. Join groups in your area to meet new people.



4. Think about ways you can help the people in your neighbourhood.





5. Look out for your neighbours.

This is even more important for neighbours who are older or need support.



6. Do your best to help people feel less lonely.



7. Look out more for people that might be lonely.



8. Be friendly when you meet people in your neighbourhood.

This might be in places like shops or cafes.



9. Look after the good relationships in your life.

**Relationships** can be with different people like

- Your family and friends
- People you work with
- Neighbours



10. Tell other people about this program.



You can sign your name to say you will do the 10 things to help the program.

To sign go to

**[www.bit.ly/it-takes-village](http://www.bit.ly/it-takes-village)**



This website is not in Easy Read.

You might want to ask someone you trust to help you sign.

## More information



You can contact the Council to find out more about the program.

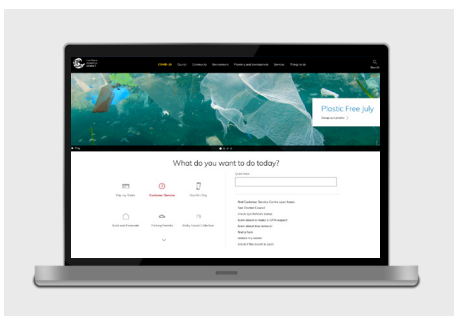


You can

- Call us on **1300 434 434**



- Send an email to  
**communitydevelopment@  
northernbeachescouncil.nsw.gov.au**



- Go to our website  
**www.northernbeaches.nsw.gov.au**

Council for Intellectual Disability made this document Easy Read. **CID** for short.  
You need to ask CID if you want to use any of the pictures.  
Contact CID at **business@cid.org.au**.