

**NEIGHBOURHOOD**

**HOUSE WEEK**

11-17 MAY 2026

*your place to*   
**connect**

# FACT SHEET



## LARGEST Community-Led Lunch Initiative!



# THE PROBLEM

Loneliness affects nearly one in six people globally (2014–2023) and causes about 871,000 deaths annually (2014–2019)  
- [World Health Organisation](#)

A WHO report from last year identified loneliness and social isolation as a serious and urgent global public health issue. Loneliness costs to health care are \$2.7 billion per year in Australia.

A report from [Ending Loneliness Together](#) shares that Australians who feel lonely are 4.6 times more likely to have depression and 4.1 times more likely to have social anxiety.

That report also shows that people experiencing hardship are more likely to experience loneliness. Barriers like poorly met financial needs, carers, or living in a disadvantaged neighbourhood can all increase the risk of loneliness.

**Neighbourhood Houses can help.**



# THE SOLUTION

Neighbourhood Houses welcome people of all ages, abilities and walks of life, creating opportunities for people to enrich their lives through connections they might not otherwise make.

Guided by a community development approach, they each engage and respond to the priorities of the communities they serve.

Because Neighbourhood Houses are place-based and community-led, they're able to cater to their unique community demographics, needs, and strengths.

Bringing people together is what Neighbourhood Houses do best - not for charity, but for connection.

And Australia's Biggest Community-Led Lunch is their work in action. Bringing people together across the country, but each event designed locally to suit the community they know and love.

## Why a community meal?

Most Neighbourhood Houses already offer some type of community meal in their program - be it a morning tea for seniors, a Chatty Cafe, or a shared lunch cooked by the cooking class - it's a universal way to bring people together.

**“Sharing meals proves to be an exceptionally strong indicator of subjective wellbeing – on par with income and unemployment.”**  
- [World Happiness Report](#)

Sharing meals is a great way to bring people together - we all have to eat! And it's a proven factor in connectedness, wellbeing, and life satisfaction.

We're bringing communities together this May to share a meal and share in a moment.

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# Grab a Plate!

Neighbourhood Community House and Centre (NCHC) Week 2026 (11–17 May) is just around the corner, and this year’s theme is “Your Place to Connect.”

This is a unique opportunity to bring your community together over a meal, showcase the incredible work your NCHC does, and be part of a national celebration of connection, support, and belonging.

**REGISTER YOUR EVENT**



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