

Break the ice with Conversation starters

Having meaningful conversations with your neighbours will help build trust and strong relationships. It will also help you to get an insight into your neighbours current lifestyle, health and wellbeing.



We have put together some ideas for conversation starters. Some of these topics can lead to truly meaningful conversations and therefore new friendships.

Talk about the present

You can check in with your neighbours by asking questions about the present. Their answers to your questions can give you a peek into how they are feeling emotionally and physically.

- How are you feeling today?
- What has been the best part of your week?
- Are you feeling worried about anything?
- What can I help you with this week?

Talk about their childhood

Speaking about childhood can often bring feelings comfort.

- Describe your childhood and the area you grew up?
- What was your favourite thing to eat as a child?

Talk about life events

Major life events stay in our memories long after they happen.


- Who was your first date? What did you do?
- Tell me about your favourite holiday?

Ask for their recommendations

You can empower people by asking for their help or their recommendations.

You can ask for advice about a situation you are working through, or one on the horizon.

- Where should I go on my next holiday?
- What is your secret to a happy and healthy life?



**Together we can
combat loneliness**