



BRIGHTON & HOVE

Independent Mediation Service

Top ten tips to being a good neighbour

Brighton and Hove Independent Mediation Service have helped to resolve neighbour disputes since 1993 and we would like to share our experience with you of how to avoid problems from starting with a neighbour and how to approach a small issue from becoming a much bigger problem.

1. Say Hello/Introduce your self to your neighbours when you move in
2. Acknowledge your neighbours when you see them (you can be friendly without being their friend)
3. Warn your neighbours in advance, if you are going to have a potentially noisy gathering (visitors/party) or having building work done/doing DIY
4. Remember, just because you don't hear your neighbours doesn't mean that they cannot hear you
5. If you want to talk to your neighbour about a problem don't wait until you cannot stand it any more, find a time that is good for you both (e.g. not when they have just getting in from work). State what the problem was, how you feel about it and what you would like to happen in the future instead.
6. Knowing a little about your neighbours helps you to understand what and why they do the things that they do
7. Areas of potential conflict between neighbours can be loud music, TV or radio late at night; slamming doors; rubbish not being disposed of effectively; visitors coming and going noisily; smoking or talking loudly outside (leaving cigarette butts); putting washing machine on late at night; dogs barking when owners is out; shared communal spaces being used differently: DIY/building projects; parking; laminate flooring or floorboards with no rugs or carpets.
8. Banging on walls or ceilings to inform a neighbour that they are being too loud does not usually work, but talking about it when you are not feeling really angry does
9. It can be helpful to remember that most people don't upset their neighbours deliberately, it is usually because they are unaware that their actions or behaviour is causing a problem and that communication about the problem has not been effective
10. Don't leave a problem to fester, if you require advice about dealing with a difficulty you are experiencing with a neighbour, or if you feel you need mediation with a neighbour about a dispute, call Brighton and Hove Independent Mediation Service and talk to one of our trained mediators!