



**SOME OF THE RESOURCES USED BY NHN PARTNERS INCLUDED:**

**1** **Introductory Workshop: The "what" and "why" of Neighbours Helping Neighbours**

Increasing connection and trust among neighbours

create connection, preparedness, and/or helping with your neighbours interested in trying?

What you might take?

- 2 Engage with neighbours
- 3 Choose an idea with neighbours
- 4 Indicates interest in Connect & Prepare

**2** **Champions' Toolkit**

Neighbour to Neighbour

The Connectors' Toolkit

Welcome!

Are you interested in growing neighbour-to-neighbour connections and preparedness in your building or street? If so, that's exciting - we hope these resources can help!

You can use these resources on your own or use them as "conversation guides" with a group of your neighbours to help you assess, plan, and take action together.

**3** **Getting Started (Templates, Posters, Surveys)**

NEIGHBOURS CAN HELP US AGE BETTER AT HOME

We all face challenges and need help sometimes. But, for many of us, our support networks of families and friends live far away and other forms of help aren't always available.

SO WHAT CAN NEIGHBOURS DO?

WHAT INSPIRES YOU TO CONNECT WITH YOUR NEIGHBOURS?

JOIN US FOR...

TIME: PLACE: RESILIENTNEIGHBOURHOODS.CA

**4** **Tools for initiating conversations and exploring "helping" attitudes (barometer, dot-poster, inspirational cards)**

3. Is there anyone in the building you could ask for help?

YES

**5** **NORC Ambassadors' Idea Bank**

Enter Ideas:

- Art and Creativity
- Celebrations
- Civic Engagement
- Communications
- Food
- Health and Wellness
- Information and Navigation
- Lifelong Learning
- Maintenance and Repairs
- Safety

**6** **NORC Innovation Centre's DIY Resources**

**Do It Yourself Guide**

A step-by-step guide to help you start, implement, and sustain an aging in place group in your own building.

**7** **Good Neighbour Kitsilano Resources**

**Smile & Small Talk:** It starts with a smile and a friendly conversation!

**Introduce Yourself:** Start getting to know your neighbours by introducing yourself.

**Good Neighbour Poster:** Post a Good Neighbour poster in your building lobby or in a central location on your city block to introduce yourself and let your neighbours know about the initiative.

**Conversation Board/Sticky Dots Survey:** Easy way to encourage interaction among neighbors. Invite neighbours to answer a prompting question or share their reference by placing a sticky dot.

**Community Puzzle:** Leave a puzzle in the lobby/central location on your city block and invite neighbours to take part, on their own time.

**Friendlevator Prompts:** Friendlevator prompts, placed in the elevator help to start the conversation with your neighbours!

**Neighbour Social:** e.g. Summer BBQ, Neighbour Potluck, Block Party: Invite neighbours to a Neighbour Social hosted in the common area of your building/block.

**Community Potluck:** Invite your neighbours to join you at the Community Potluck, hosted monthly at Kitsilano Neighbourhood House.

**Neighbour Garden:** Creating a boulevard garden is a great way to get to know your neighbours and build community! A Good Neighbour volunteer can help you get started!

**Holiday Cookies/Jam/Harvest:** Sharing cookies or summer harvest with your neighbours is a great way to connect!

**Black Connector Cards:** Distribute Black Connector cards to your neighbours to gather their contact information, as well as how they want to connect with their neighbours and get involved.

**8** **Adapted versions of resources from other BRN programs, including Connect & Prepare and Resilient Streets**

Who to call

911 FIRE, POLICE, AMBULANCE

BC Housing 604-433-1711

Building Manager Office 604-228-1240

Emergency Building Maintenance 604-682-4852

City of Vancouver Public Safety Alerts

West Wing Tenants - Junction Park East Fire Lane

East Wing Tenants - Fire Lane by Wallace Street entrance

Where to go

Check on your neighbours to ensure everyone is safe and aware of the situation.

Offer help such as sharing food, water, shelter, or medical supplies if needed.

If you are able, help others to evacuate (especially elderly and disabled neighbours).

Stay connected and share emergency information and resources.

Offer emotional support and reassurance to help neighbours remain calm.