

Simple Actions for Neighbourly Support

NEIGHBOURS
HELPING
NEIGHBOURS



Get to know your neighbours



- Set up a puzzle table in the lobby.



- On a bulletin board or poster, ask people to write down something they would be willing to share with neighbours - a skill, knowledge or experience.



Help a neighbour / Ask for help



- Pair up with another person and agree to check in on each other.



- Daily task support - Reach out to neighbours with postcards to see if they need help with things like errands or shopping.



- Practice asking a neighbour for help with a simple task.



Set up a neighbour communication system



- Create a community bulletin board in your lobby.



- Create a social media, email list or whatsapp group.



- Agree with neighbours on your floor to hang a ribbon or sign on your doors each morning and take it in each night to signal to others that you are OK.



Get prepared together



- Invite neighbours to put stickers on their doors to indicate how they could help others and what they might need help with in an emergency situation.



- Sign up for extreme weather alerts with the WeatherCan app - Let your neighbours know when dangerous weather is coming.

"We feel like we are building a vertical village where, instead of feeling unable, we now, as a group, are more than able. What one can't do alone, many individuals can contribute from the abundance of talent we have here." - Le Blond Place in Victoria, BC

