

## Ideas for

# Neighbours Helping Neighbours



- 1. Dot Poster Survey:** Low-touch way to assess neighbours' readiness and willingness to ask or receive help.
- 2. Welcome Wagon:** A list of essential and helpful community resources shared with those new to the neighbourhood.
- 3. Food Pantry:** Based on "take what you need - leave what you can" model of mutual aid, food pantries provide opportunity to share food and support those experiencing food insecurity.
- 4. Random Acts of Kindness:** Encourages residents to engage in spontaneous, selfless acts of goodwill, such as helping a neighbour with groceries, leaving a cheerful note, or shovelling sidewalk
- 5. Pay it Forward Train:** Individuals perform a kind act for someone else, who then continues the chain by doing something kind for another person.
- 6. Helping Hands System:** A system of daily task support that recruits neighbours as volunteers willing to provide help with simple tasks to their neighbours, e.g. pick up groceries, dog walking, plant sitting, small repairs.
- 7. Block Connector Cards:** Distribute postcards to neighbours to identify the help they may need and/or ways they can help their neighbours.

