

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.

