## **BLOCK** connector

## HOW TO SUPPORT YOUR NEIGHBOUR

Commit to three acts of kindness in support of your neighbours and community!

## Here are some suggestions on how to be a helpful neighbour

- 1. Welcome new neighbours to the block with a Good Neighbour Greeting Card (available for Free at FCSS).
- 2. Help an elderly neighbour with day-to-day tasks i.e., offer to run an errand, help with yard work, walk their dog, or simply just say hello.
- Fill out an 'I Can Help' postcard to let neighbours know how you can help. Share your gifts with one another (i.e., If you are an experienced gardener, share your skills with a newbie. If you are technology wiz – help a senior with digital set up)

- 4. Gather a few neighbours to share a meal together.
- 5. Host a Block Party! It's fun and a great way to reconnect after the long winter months.
- Check-in with your neighbours. This small gesture can have a big impact. Communication is key, and the foundation to every good relationship.
- Help neighbours stay connected introduce neighbours that have not had a chance to meet one another.
- 8. Wave when you see a neighbour on the street.





