

Strengthening Resilience through Neighbour-to-Neighbour Connections



**CONNECT &
PREPARE**

**HEY  NEIGHBOUR!
Collective**



**Social
Connectedness**

Neighbours helping neighbours

Community Resilience



**Emergency
Preparedness**



Why Connect & Prepare?



Canada: Disastrous Impact of Extreme Heat

Failure to Protect Older People, People with Disabilities in British Columbia

**595 people were killed by heat in B.C. this summer,
new figures from coroner show**

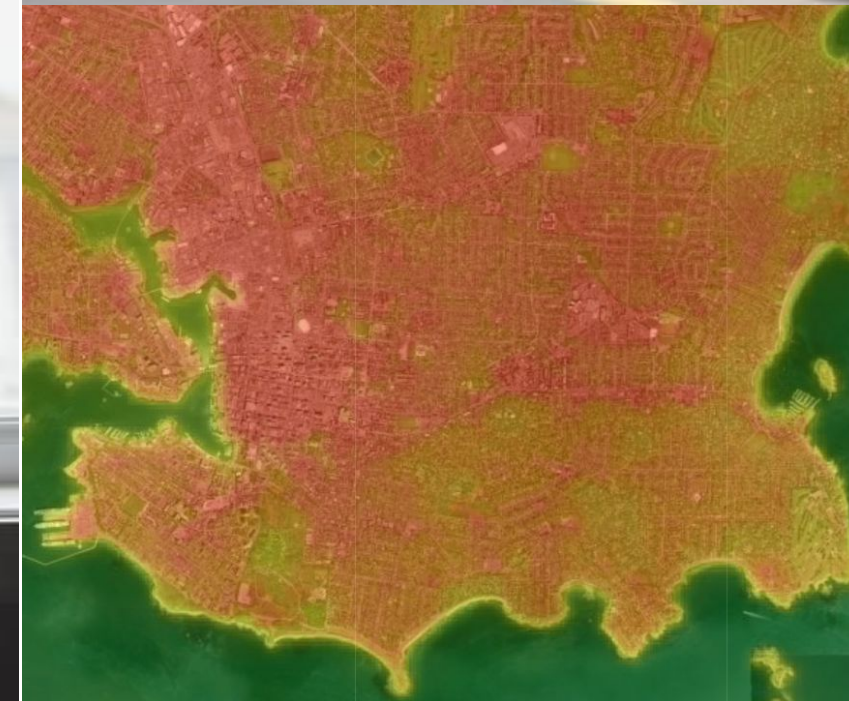
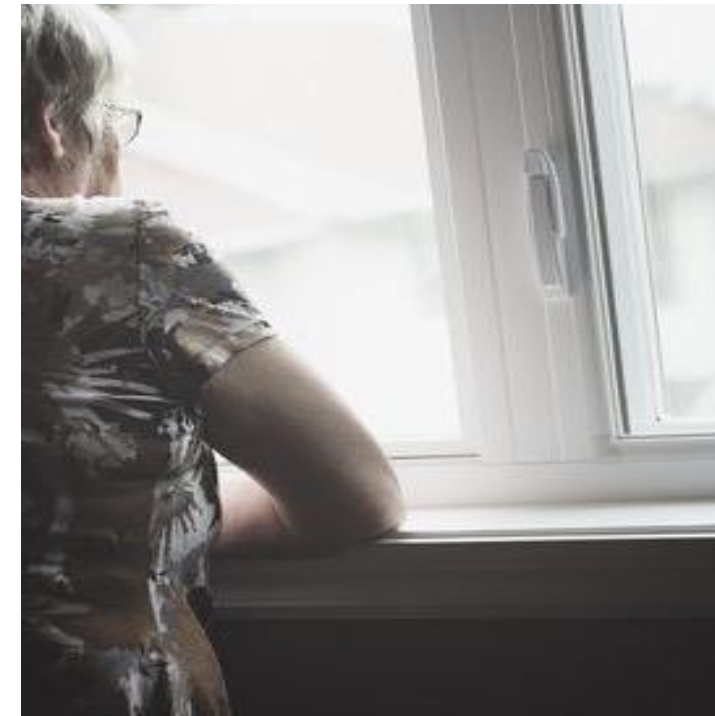
Seniors under pressure amid B.C. wildfires

B.C.'s frail elderly vulnerable as wildfires rage
across province



Increasing Shocks and Stresses

How can we be better prepared AND strengthen our resilience?



SHOCKS: Severe weather, power outages, building fires, pandemic outbreak

STRESSES: climate change, food/economic security, health, isolation

Traditional Preparedness

- Emphasis on short-term response to big events
- Focus on individual/household preparation
- This is important, but not enough!





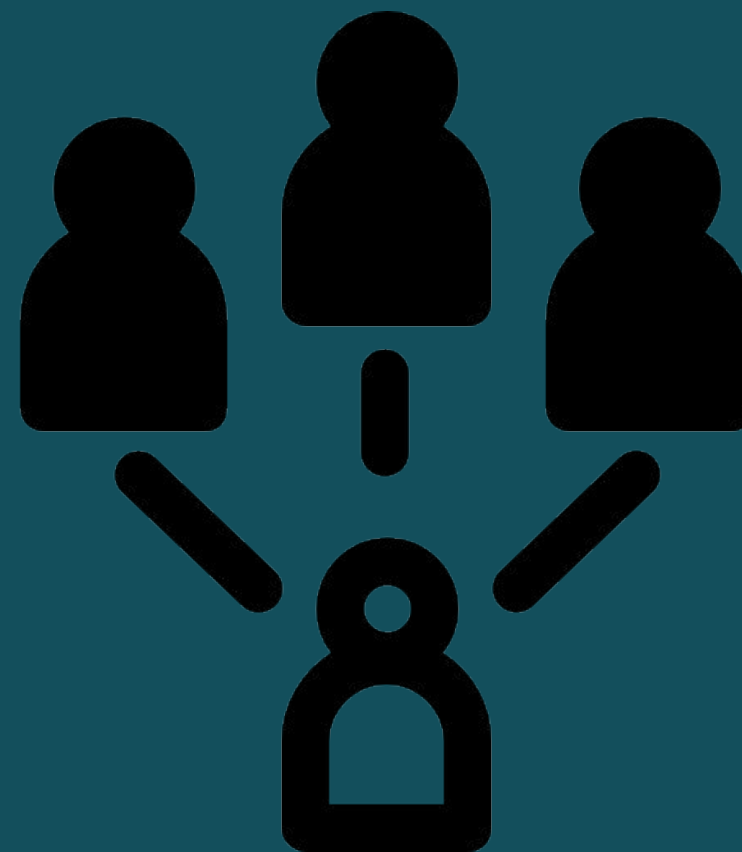
Survivors leave Tohoku a day after the March 11, 2011 earthquake and tsunami. // Warren Antiola/Flickr

Social ties,
not just sandbags

In Disaster Recovery, Social Networks Matter More Than Bottled Water and Batteries

DANIEL P. ALDRICH FEB 14, 2017

WHO is in your kit, not just
WHAT is in your kit





Resilience Muscles

Resilience is stronger when people in the neighbourhood...

- Have a sense of **neighbourhood pride**
- Have a "**can do**" attitude
- Demonstrate **mutual assistance**
- Feel **connected** to their neighbours
- Are **welcoming** and encouraging of diversity

Attitudes & Values



Preparedness

Individual Preparedness

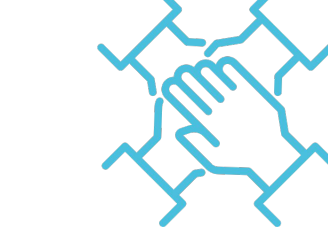
Plan Based

Short Term Responses

Focus on Big Shocks

Disaster and Risk Focus

Build back the same



Shared Preparedness

Relationship Based


Resilience for long haul

Tend to chronic stresses

Strengths based

Build back better

Resilience



**We need social
connections & networks
more than ever...**

AND/BUT

**...As a society, we are
experiencing more
loneliness and
isolation.**

Social Isolation

- Loneliness “Epidemic”
- One of the most critical “resilience capacities”
- 31 % of British Columbians do not feel a strong sense of belonging in their community

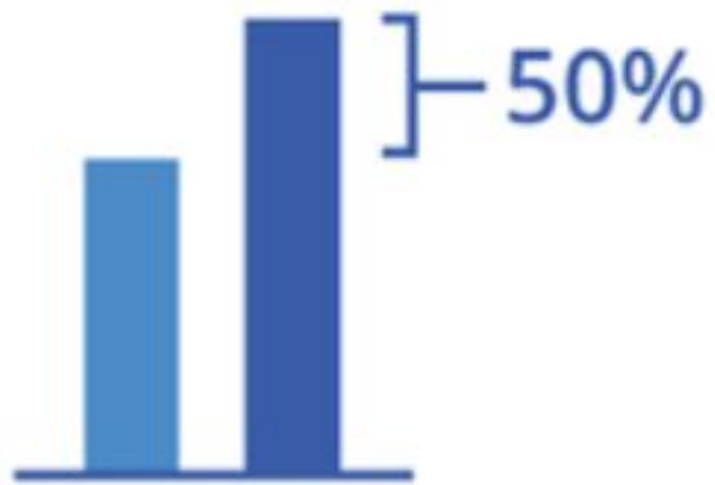




Benefits of socially connected communities

Safer - Prepared - Healthier - Happier

THE BENEFITS OF HIGH SOCIAL CONNECTION:



50% increased chance of longevity



stronger gene expression for immunity (research by Steve Cole, UCLA)



lower rates of anxiety and depression



higher self-esteem and empathy



better emotion regulation skills



Social connection creates a positive feedback loop of social, emotional, and physical well being.



**Getting
Connected
and Prepared
Together**



LeBlond Place

- Victoria low-rise building, seniors with disabilities
- Healthy Food distribution
- Shared emergency supplies & buddy system
- Accessed small grants for “Grab and Go” party



“Together we focused on our abilities rather than our individual disabilities”



Grant Street

- Shared Emergency Supplies
- Block-level Plan
- Regular social gatherings (book club, potluck,etc.)
- Annual emergency plan review at block party



Ideas to get Connected & Prepared



**1. Find a Buddy /
Be a Buddy**



**2. Get to know
your neighbours**



**3. Set up a
Neighbours
Communication
System**



**4. Get prepared
together as
neighbours**

CONNECT & PREPARE



WHAT CAN YOU DO TO BECOME MORE PREPARED & RESILIENT TOGETHER?

Gatherings & Celebrations

BBQs
+ outdoor picnics
PARTY
WITH PURPOSE

FLOOR CONNECTOR
CAFES

clothing swap



THINK ABOUT

BOTH SHORT TERM EMERGENCIES + LONG TERM RESILIENCY

ACTIVITIES THAT:

- FOSTER CONNECTION between neighbours
- PLAY TO YOUR STRENGTHS + REDUCE VULNERABILITIES
- HAVE MULTIPLE WINS!

THROUGH THE PROCESS



networking & mutual aid

EMERGENCY ASSISTANCE
CAN I HELP YOU MOW YOUR LAWN?
EVERYDAY FAVOURS

neighbourhood communication network

Emergency contact info
emails
phone numbers

communication plan



Place making: shared spaces

community gardens
orchards
tea commons
little librarians
community herb gardens

Gathering spaces + "pocket places"

EMERGENCY SUPPLY BENCHES
Neighbour Hubs

LOCAL SEED LIBRARY



Sharing with neighbours

TOOL SHARING

Skills sharing
LOCAL EXPERTS' DAY!
Can teach you how to play chess!

FOOD preservation
Community Kitchen



Planning together

community asset mapping

Emergency Preparedness Training

associations
individuals
institutions
local economy

NEIGHBOUR TO NEIGHBOUR
EMERGENCY PLAN



Tips to get Started

- Start with people you know
- Work with your building manager
- Reach out door to door or send invitations
- Host a “party with a purpose”

HEY NEIGHBOURS!
LET'S

*Connect &
Prepare!*

TOGETHER!

Resources

CONNECT & PREPARE Engage Your Neighbours (Guide)

As an individual or group of neighbours, you may wish to reach out to others in your building or on your block to discuss things you could do together to encourage social connections and build community preparedness. You might have an idea in mind already that you would like to share with neighbours (e.g. preparing together for extreme heat, setting up a communication system) or you may want to bring neighbours together to explore topics that interest them and brainstorm activities you could do as a group! Either way, you might be wondering: How do I go about engaging my neighbours?

Generally, any "direct" method that brings you face-to-face with your neighbours allows you to build a personal connection and gauge their interest. "Indirect" methods such as hanging posters or slipping invitations through mail slots allow you to potentially reach more residents, but you miss out on the personal connection and opportunity for discussion.

Below are some suggestions for ways to reach out!

- Start with people you know!** Ask neighbours you know to help spread the word.
- Go door-to-door to connect with neighbours individually.** Explain why you are reaching out to them and the vision for your idea. It can feel intrusive for some to have a stranger knock on their door, so keep a respectful distance, and let neighbours know who you are and why you're there.
- Write prompting questions in a public space** and ask neighbours to contribute ideas or thoughts about how to build community connection and preparedness. You might use a whiteboard or bulletin board, or simply stick a large blank piece of paper on a wall (with permission from your building manager, if applicable).
- Distribute a handout/poster** (in mailboxes or posted in the lobby) that invites neighbours to contact you to talk about a specific idea or to contribute their own.
- Attend a building event** (if applicable) such as a meeting hosted by an organization or a gathering of neighbours. Chat to neighbours about an idea you have or ask others what they might be interested in.

Engage with your Neighbours Guide

Simple Actions to get Connected & Prepared

- Find a Buddy / Be a Buddy**
 - Reach out to one person to become buddies
 - Daily task support - Reach out to neighbours with postcards to see if they need help with things like errands or shopping.
 - Set up a formal buddy system
- Get to know your neighbours**
 - Host a "party with a purpose", potluck dinner, or neighbour gathering
 - Host a coffee/tea hour in the lobby or common room and invite all your neighbours
 - Share skills or hobbies (like cooking, knitting, painting or playing an instrument)
- Set up a neighbour communication system**
 - Go door to door and introduce yourself to your neighbour
 - Create a community bulletin board in your lobby
 - Create a social media, email list or whatsapp group
- Get prepared together**
 - Host a "party with a purpose" focused on emergency preparedness
 - Contact your local emergency management department and set up an emergency preparedness workshop
 - Organize and purchase shared emergency supplies
 - Set up a "chill" room or area to gather in during heat events
 - Participate in Connect & Prepare

BUILDING RESILIENT NEIGHBOURHOODS | **CONNECT & PREPARE** | Looking for more ways to connect with your community? Check out our Resilient Streets Toolkit [https://bit.ly/3Bv4inT] or visit resilientneighbourhoods.ca to learn more! | © Building Resilient Neighbourhoods, 2023. All rights reserved.

Simple Actions to Get Connected & Prepared

RESILIENT STREETS TOOLKIT

THE HOW-TO GUIDE FOR BUILDING COMMUNITY

Neighbours at Vancouver's Gather Round Traffic Circle

BUILDING RESILIENT NEIGHBOURHOODS

Resilient Streets Toolkit: The How-to Guide for Building Community

www.resilientneighbourhoods.ca/resources/

Learn more



<https://www.resilientneighbourhoods.ca>

HEY 
NEIGHBOUR!
Collective

<https://www.heyneighbourcollective.ca>



Building resilience and emergency preparedness through social connections



Hey Neighbour Col...

19 subscribers

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5



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187 views 4 months ago

When emergency strikes your neighbours are often first on the scene. Hear from community members and experts in emergency preparedness discuss risks facing British Columbia, social isolation, and how they intersect. Building resilience will require creativity. Learn more [Show more](#)

Building Resilience and Emergency Preparedness
through Social Connections Video

link: bit.ly/3pJqED1

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**BUILDING
RESILIENT**
NEIGHBOURHOODS

Heatwave in BC: Here's how you and your neighbours can stay safe!

With [extreme hot temperatures](#) affecting Coastal British Columbia over the next week, remember, it's a good time to reach out to your neighbours! Supporting each other through emergencies helps increase everyone's safety and builds community resilience.

Extreme heat events can pose dangerous risks to nearly everyone, but especially those who live in multi-unit housing without air conditioning, have health conditions, or are elderly. During previous heat events, a large proportion of the people who were fatally affected were at home and socially isolated. **So check in on your neighbours, friends and family often; it can save lives.**

Stacy Barter
Executive Director,
Building Resilient Neighbourhoods

stacy@resilientneighbourhoods.ca

