

# Reaching Out to Others

Ideas to keep you connected with your neighbours.



Many of us are surrounded by neighbours that we may not really know. As we head home to work and play, now is a great time to reach out to your neighbours to make sure they're ok and to see if there is anything we could all be doing to support each other.

## Going on a Bear Hunt

This simple gesture involves putting a teddy bear in your window. As your neighbours are heading out for some exercise they can 'hunt' for bears along the way.

## Vulnerable People

Some people in your neighbourhood or street may be more vulnerable. In some cases elderly people may be particularly isolated or not tech savvy. Consider how you can reach out and include these people in your street network.

## Post Card

Design your own or find one online and drop a little message to your neighbours.

## 1000 Hearts

This is creative and a gift of love. Join the movement making mini hearts and deliver them to local community letterboxes. It will undoubtedly make someone smile.

## Sharing common interests

Sharing a common experiences can happen individually. Set up a treasure hunt for the neighbours young children, all agree to cook the same recipe one night or set up a book club. If you don't know what your neighbours hobbies are, now's a great time to find out - it may be yours too!

## Create a 'street group'

Technology can be our friend on this front. Create a facebook or What's App group, or even just an email contact list. Make it easy for everyone to be in contact with each other.

## Share things

Got extra of something? If so, consider asking neighbours if they need anything. Whether it's home grown herbs and veggies or swapping books or toys (disinfected of course), it's a lovely gesture.

## Wave & Smile

Simple gestures can be powerful. Keep spirits up by smiling and saying hello to your neighbours as you pass them.

## Rainbows

Children across the world are displaying rainbow paintings or drawing chalk rainbows on driveways to highlight that there is a better world on the other side of the rainbow and to spread hope and a smile.

## Share ideas

If you come up with an idea that made you happy or kept the kids occupied share it with your neighbours. They may be very thankful for the inspiration.