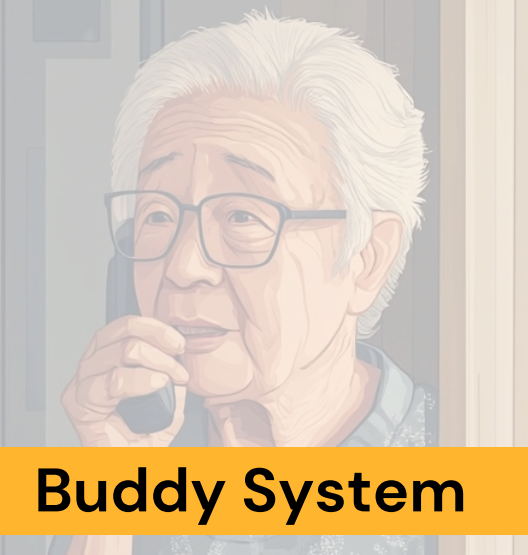




Buddy System

Buddies are pairs or small groups of neighbours who exchange contact information and agree to check on each other during an emergency and/or on a more regular basis.



Works Best For

- Buildings where it might be more difficult to build trust (e.g., large buildings)
- Reinforcing the idea that NHN is reciprocal and everyone plays a role

Considerations

- People may feel more comfortable becoming a buddy if expectations are clear
- May need to help neighbours to find a buddy
- May require tracking buddy groups to ensure people aren't left out

Floor Connector System

A system where each floor has one or more “Floor Connectors” who help neighbours on their own floor to connect with one another. Floor Connectors might help people on their floor find buddies, connect when there is an emergency, or identify ways neighbours can help one another.

Works Best For

- Large buildings where it makes sense to divide communications by floor
- Sharing the organizational effort among others in the building

Considerations

- Requires some organization to identify Floor Connectors and help them develop into their role
- Neighbours may feel more comfortable becoming a Floor Connector if expectations are clear

Ask/Offer Bulletin Board

On a bulletin board in the lobby or common room, neighbours post something they can offer to others, something they might need help with, and/or are interested in learning more about. Neighbours might leave their name, email or room number so responders can connect with them.

Works Best For

- “Normalizing” neighbourly help by making it visible to all
- Groups who want to help match needs with offers with minimal organizational effort

Considerations

- Some may not feel comfortable to publicly display things they need or can offer
- Some may feel uncertain about responding to an ‘Ask’ when they don’t know who posted the request

Ask/Offer

Digital Platform

An online application
(WhatsApp, Email, Text)
can be used to quickly
communicate Asks and
Offers.

Works Best For

- Neighbours who frequently use digital tools
- Groups who want a system that requires minimal ongoing effort (no “Matcher” required)
- Neighbours who are already familiar with each other

Considerations

- Will need a clear “purpose statement” and volunteers to monitor how it is being used
- Some people may not feel comfortable sharing their contact info with neighbours they don’t know yet

NHN Directory

Neighbours voluntarily add their name, contact information, and what they might need and/or offer to a directory that is then shared with neighbours OR is managed by a “Matcher”

Works Best For

- Smaller buildings or for neighbours on a floor who are familiar each other

Considerations

- May require volunteer “Matchers” to connect asks with offers
- People may feel more comfortable participating if expectations and commitments are clear

Skill-Sharing

A few neighbour-volunteers who have skills they are willing to share, like handy work or tech support put their names down on a list to be contacted should a neighbour need their help.

Works Best For

- Groups who would like to start small by limiting what is offered to neighbours
- Buildings who have neighbour-volunteers with a skill they are willing to share

Considerations

- May require volunteer “Matchers” to connect requests with volunteers
- People may feel more comfortable volunteering skills and asking for help if expectations are clear

Time Bank System

Time is used as a currency – if you spend an hour doing something for a neighbour, you collect one time dollar. You then spend your time dollar by having someone do something for you.



Works Best For

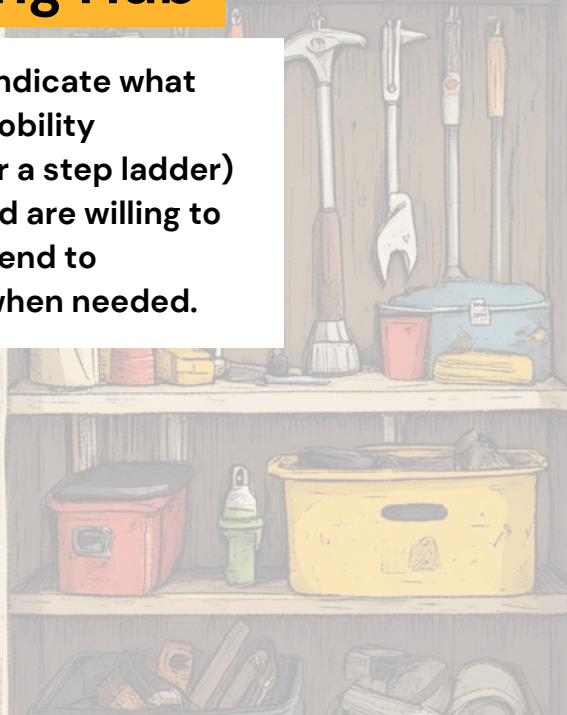
- Large groups who are comfortable using a digital platform to match Asks/Offer
- Neighbours who feel they have nothing to offer. All hours are equal. 1-hour is 1-hour, regardless of what you do for a neighbour

Considerations

- It may make helping feel “transactional”
- People who receive help a lot may feel “indebted” to others

Lending Hub

Neighbours indicate what items (e.g. mobility equipment or a step ladder) they have and are willing to temporarily lend to neighbours when needed.



Works Best For

- Groups who want to introduce helping in a 'light-touch' way that does not involve potentially sensitive interactions

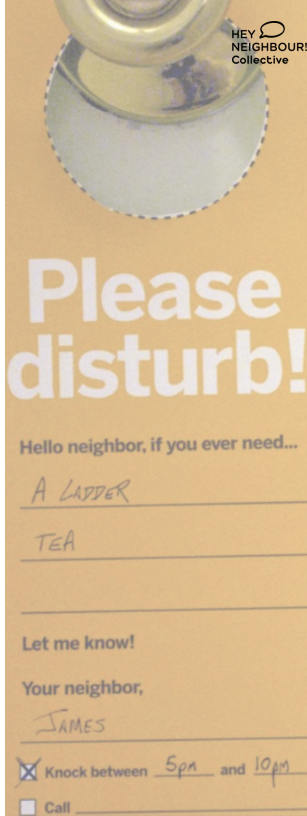
Considerations

- May require a Matcher to connect Asks with Offers
- Requires someone to manage the inventory and contact info for people with items to lend

Door Hangers

Neighbours indicate what they can offer to neighbours on one side of a door hanger and what they are looking for on the other.

Participating neighbours place the hanger on their front door so it is visible for others to see.



HEY NEIGHBOUR! Collective

Please disturb!

Hello neighbor, if you ever need...

A LADDER

TEA

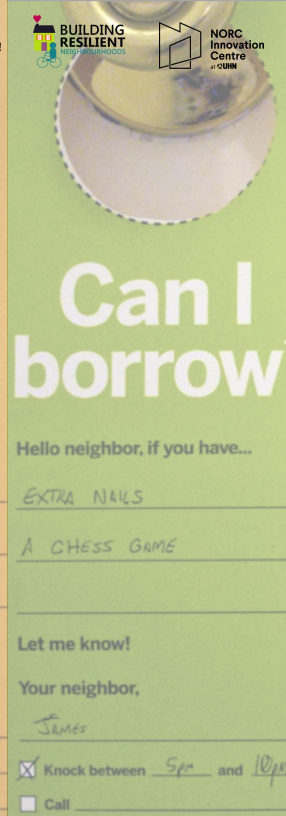
Let me know!

Your neighbor,

JAMES

☒ Knock between 5pm and 10pm

☐ Call



BUILDING RESILIENT
neighbourhoods

NORC
Innovation
Centre
at QUIN

Can I borrow

Hello neighbor, if you have...

EXTRA NAILS

A CHESS GAME

Let me know!

Your neighbor,

JAMES

☒ Knock between 5pm and 10pm

☐ Call

Works Best For

- Groups who want to introduce helping in a 'light-touch' way
- Groups who do not have capacity to manually match Asks with Offers
- "Normalizing" neighbourly help by making it visible

Considerations

- Some people may feel more comfortable calling or emailing a neighbour to borrow something instead of knocking on the door