



- The Importance of -

Being Neighbourly



A part of the Strong Neighbourhood Project

Why is being neighbourly so important?

Because there are huge payoffs for getting to know your neighbours!

When you know your neighbours...

- your physical and mental wellness are bolstered
- your personal safety and neighbourhood security are enhanced
- you can save money and time
- opportunities to be even more environmentally friendly become possible
- there are more opportunities to be social, make a difference locally and have fun!

...and all this exists just outside your front door! Let's take a closer look...



“Neighbourhood: a place filled with belonging, identity, empathy, understanding and a strong sense of community.”

- Marcus Brotherton



Safety & Security



**Physical & Mental
Wellness**



**Save Money
& Get Green**



**Get Involved!
Have Fun!**



Safety & Security

Getting to know your neighbours can significantly increase safety and security in your neighbourhood.

When you know your neighbours, it is:

- easier to spot out of the ordinary activity in your neighbourhood;
- more likely that your neighbours will tell you about something unusual happening around your home.



In an emergency situation, your neighbours:

- might be the ones to pass on important information;
- are likely to look out for you and your unique needs.

Knowing your neighbours can be beneficial for daily tasks as well. Need to climb up a ladder to wash your windows? Ask a neighbour to hold the ladder and increase your personal safety.

Go meet your neighbour, it can improve—and even save—your life.



Physical & Mental Wellness

Did you know...

- a common reason for not getting to know one's neighbours is that we think we have nothing in common with them?
- according to a recent survey, most people in Kelowna enjoy outdoor, physical activity?
- knowing your neighbours is associated with a reduced risk of having a heart attack and an overall increase in physical wellness?

Invite your neighbour to join you for that walk, hike, or bike ride. Even if they don't join you this time, you might learn how they like to be active which opens up another level of conversation. If they do join you, you might discover that they are the exercise buddy you've been looking for.



Mental wellness is supported when we get to know our neighbours. How?

- while you're out being physically active, you're boosting those feel-good endorphins;
- if you make a point to stop and talk to your neighbours along the way, you will get to know your neighbours;
- these face-to-face interactions are the building blocks to neighbourhood belonging!

Positive relationships with our neighbours help create a rich social fabric. This helps to protect us from feelings of isolation and loneliness that are often linked to depression and anxiety.

So, go meet your neighbour and get fit—physically and mentally—together!





Save Money & Get Green(er)

Get to know your neighbours & save money!

When you get to know your neighbours, you get to know what they are good at and what they need help with. Discover how you can share or pool your resources.

Ideas:

- you mow their lawn, they help you harvest your vegetable garden
- share tools rather than buy new tools you will rarely use
- carpool to work
- bulk buy groceries
- swap clothes or children's toys
- create a baby/pet/house-sitting co-op

These ideas can save money, decrease waste and reduce your carbon foot-print. Want to do more for the environment? Working with your neighbours to plant trees, start a neighbourhood gardening group, or clean-up initiative is a great place to start.

Go meet your neighbours and preserve your bank account...and the earth!



Get Involved! Have Fun!

One of the best ways to boost neighbourliness is to work with neighbours on a project to enhance your neighbourhood.

Getting together with neighbours to talk about what would make your neighbourhood even better accomplishes at least two things:

- it provides a purpose for neighbours to connect and get to know each other
- it creates common ground for discussion

As the project progresses, a greater sense of pride and ownership in the neighbourhood will likely emerge. This may lead to other opportunities to work together or further invest in keeping the neighbourhood at its best.

Don't forget to celebrate your success—it's the perfect reason to have a neighbourhood party!

Go meet your neighbours and make your neighbourhood the best it can be!



kelowna.ca/neighbourhoods
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