



**BUILDING
RESILIENT**
NEIGHBOURHOODS

Strengthening Resilience through
Neighbour-to-Neighbour
Connections

Two Programs



Why Neighbourhood & Community Resilience?

Resilient to what?

Acute
Shocks

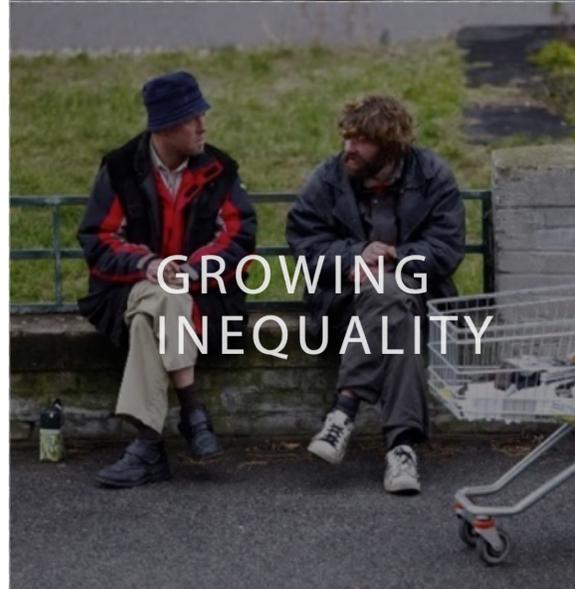


CLIMATE
CHANGE

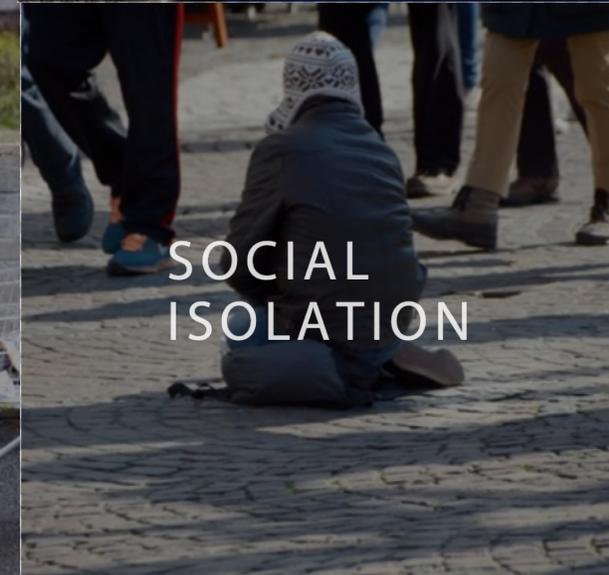


DECLINING
HEALTH

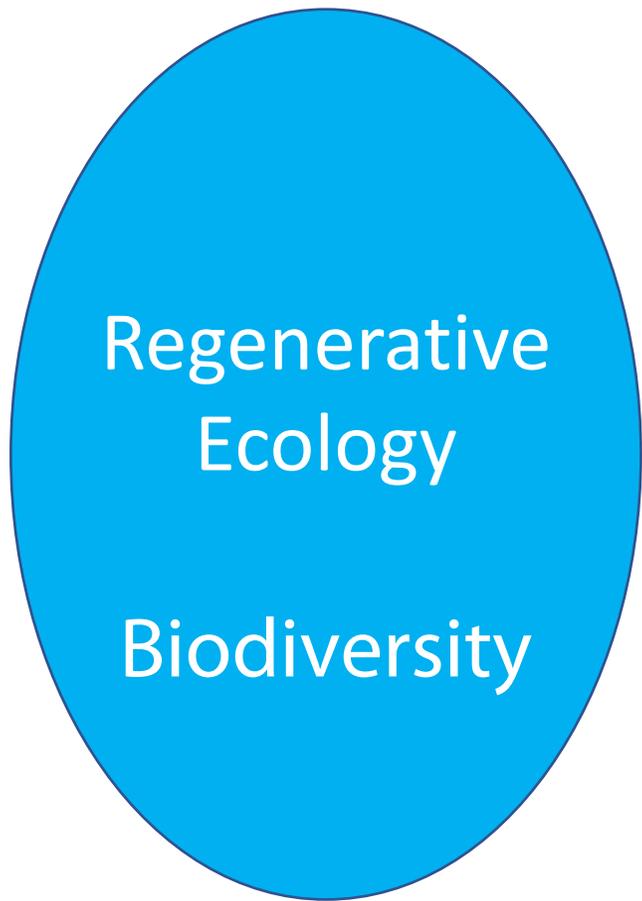
Chronic
Stressors



GROWING
INEQUALITY



SOCIAL
ISOLATION



Earth Climate/
Capacity

Habitable
earth



Habitable
communities



Social Climate/
Capacity

Adapted from Dr. Gary Belkin,
former executive deputy commissioner of the New York City Department of Mental Health

What is a resilient community?

- our ability to **pro-actively respond and adapt** to change, stress, and uncertainty
- in a way that **builds local capacity** ensures everyone's basic needs are met
- so that **all people and the planet** can thrive.



Three Types of Resilience Capacities

- Coping Capacities (Reactive)
- Adaptive Capacities (Proactive)
- Transformative Capacities (Participative)



“Rather than simply surviving a disturbance, a resilient community may respond in creative ways that fundamentally transform the community—creating a positive regime shift”

- Bounce Forward, Urban Resilience in the Era of Climate Change



Low Carbon Resilience

Adaptation + Mitigation

developing integrated strategies that both reduce greenhouse gas emissions (mitigation) and vulnerability to climate change impacts (adaptation).



4 Dimensions of Neighbourhood Resilience



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

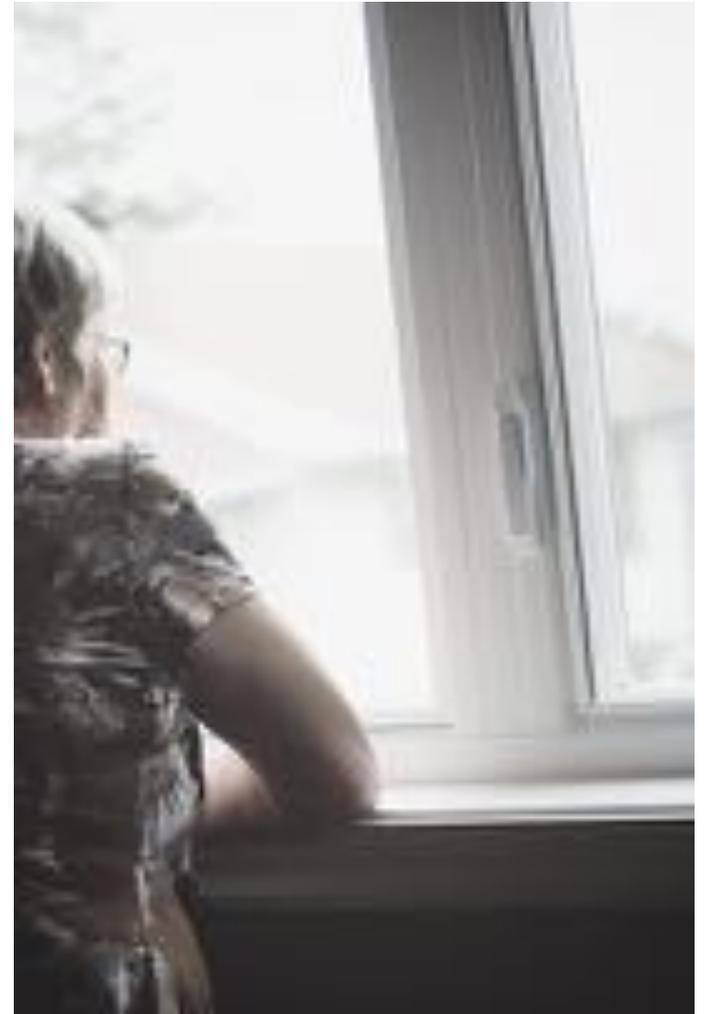


Pinch point!

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

AND/BUT...

As a society we are experiencing more loneliness and isolation.



Co-benefits of socially connected communities

SAFER

PREPARED

HEALTHIER

HAPPIER





ABOUT RESILIENT STREETS

... is an established successful program aimed at increasing social connectedness by supporting immediate neighbours to:

Know each other
and over time
develop
strong ties



Share resources
and other items
(like tools,
yards, sports
equipment,
kid's toys etc.)



Help each other
out in small or
sometimes
big ways



Cooperate
and share
leadership in
street or building
issues and
activities



The Model





RESILIENT STREETS



Four types of Activities:

Gatherings & Celebrations



Placemaking:
Shared
Infrastructure
& Spaces



The Sharing
Economy



Learning
Together for
Change



1. Gatherings & Celebrations



Examples:

Community dinners

“Far Aparties”

Seasonal Celebrations

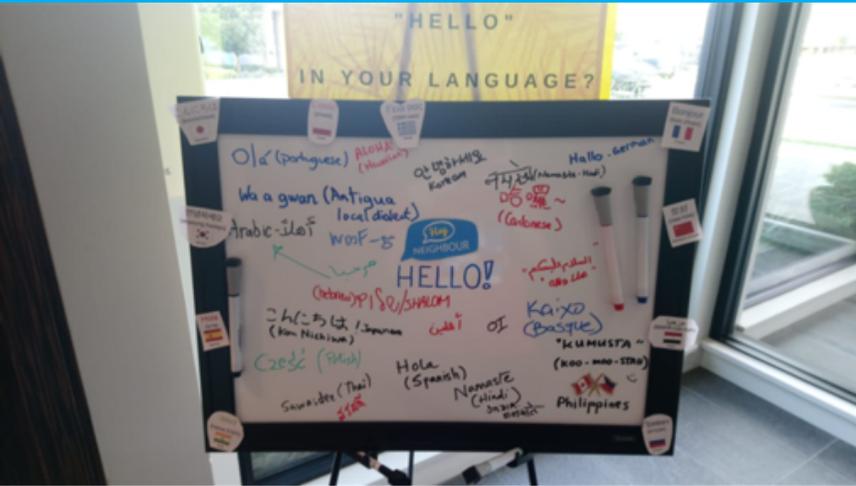
Party with a Purpose!



LeBlond Place “Grab & Go” Party



2. Placemaking & Passive Animation



Examples:

- Lobby Animation & Boards
- Little Free Libraries/Pantries
- Creative Parkades
- Community Art



Neighbour Resilience Hubs



3. Sharing, Mutual Aid & Neighbourliness



HELLO! If you are self-isolating, I can help.

My name is

I live locally at

My phone number is

If you are self-isolating due to COVID-19 I can help with:

Picking up shopping

Posting mail

Urgent supplies

..... phone call

..... and I'll do my best to help you (for free!)

contagious. Please take every precaution to ensure you are kindness. Avoid physical contact (2m distance). Wash your hands. Items should be left on your doorstep. #ViralKindness



Examples:

- Neighbour Postcards
- Equipment Sharing
- Skills sharing,
- Buddy systems



4. Learning Together



Examples:

- Emergency Preparedness
- Repair Café
- Transition Streets

McCaskill Transition Street



- 8 households , 4 energy audits
- 2 new heat pumps & Improved insulation
- Improved laundry & dishwasher use habits
- More bike & public transit use
New low-flow toilets, shower heads & rain barrels
- Increased gardening, local food buying, a group buying
- Tool sharing
- Teaching each other skills
- A new sense of community on a street where no one knew each other before

Impacts

92%

connected with
neighbours
for the
first time

75%

shared skills
or resources

86%

connected
neighbours
from
different ages
or backgrounds

83%

created a
lasting
resource or
tradition

83%

**helped each
other** &
increased
potential to
help each other
in the **future**

94%

increased
sense of
belonging

86%

increased
sense of **trust**



83%

feel more **pride**

CONNECT & PREPARE



A collaborative project of Building Resilient Neighbourhoods and the City of Victoria

Partners & Supporters



HEY
NEIGHBOUR!
COLLECTIVE

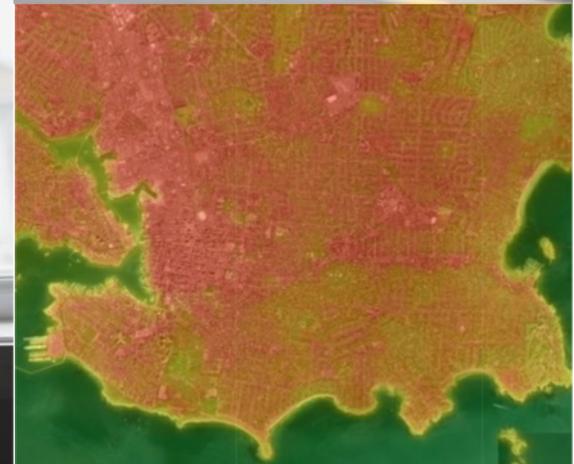
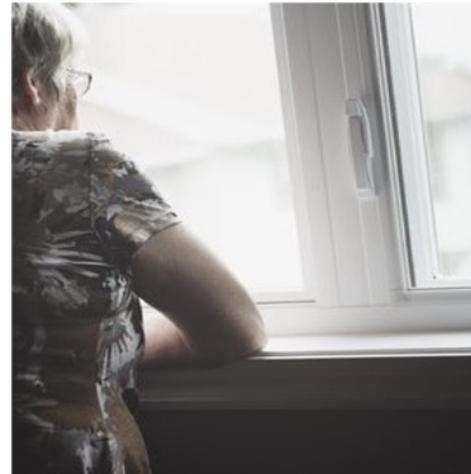


WHY Connect & Prepare?



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!



Social ties, not sand bags...



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

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

DANIEL P. ALDRICH FEB 14, 2017

PREPAREDNESS

Individual preparedness



Plan based



Short-term response



Focus on "big shocks"



Distaster & risk focused



Build back the same



RESILIENCE

Shared preparedness



Relationship based



Resilience for the long haul



Tend to "chronic stresses"



Strengths-based



Build back better



"What this pandemic has made us realize is that the more people know each other, the better it is for everyone, regardless of the emergency"

Connect & Prepare Champion

How it Works

Connect & Prepare Model

- **3 workshops -Facilitation & expertise** from Building Resilient Neighbourhoods and VictoriaReady
- **Resident Champions**
- **Resources and materials** such as templates, checklists, etc.
- **Micro-grants** and support to access other project grants
- **\$500 shared emergency supplies**





Gather & CONNECT
with
Neighbours



ASSESS
your collective
strengths,
vulnerabilities,
assets & needs

Learn about
& develop
STRATEGIES
to strengthen
connections,
build resilience
and get prepared
TOGETHER



Create action
PLANS,
& gather
resources



CELEBRATE!
& reflect on
learnings, adapt
& update!

Take **ACTION**
together

- Gather and store shared supplies
- Develop a neighbour-to-neighbour plan
- Undertake projects & activities together



A collaborative project of
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Connect & Prepare Projects



- ◆ Neighbour skill sharing
- ◆ Food security projects
- ◆ "Grab and Go Party"
- ◆ Shared emergency plans & kits
- ◆ Placemaking
- ◆ Buddy systems
- ◆ Communication networks
- ◆ Block parties/gatherings
- ◆ Mutual Aid



Results from Pilot

- **94%** got to know each other better
- **100%** became more connected with each other
- **100%** achieved better understanding of their collective strengths, assets and vulnerabilities
- **100%** took action to be better prepared for emergencies



Resources

- Part-time municipal and BRN facilitators (approx. 1 FTE)
- Workshop convening and materials
- Micro—grants
- Emergency Supplies
- Leverage additional project grants



Scaling and Adapting

Scaling

RESILIENT STREETS:

- Train the Trainer, Coaching
- Program Materials and Templates
- Community of Practice
- Program Evaluation Framework and Support

CONNECT & PREPARE:

- Scaling Under Development



HEY 
NEIGHBOUR!
Collective

Questions?



BUILDING RESILIENT NEIGHBOURHOODS

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Thank you!