

Creating Connected Communities

The City of Kamloops believes in the value and importance of knowing your neighbours. Knowing your neighbours is a great way to provide an extra level of security to your community, and studies have shown that social connection improves physical health and psychological well-being.

Easy ways to meet your neighbours:

Lend a hand

Plan a “clean up our street” and recruit some neighbours to clean up the boulevards or help out other neighbours that may need assistance.

Keep an eye out

If you see something unusual, like a garage door that is not usually open at night, knock on the door to let them know. They may be thankful you did.

Wave hello

When you're outside getting the mail, taking out the garbage, or enjoying your yard, wave or say hello to your neighbours, or even just smile. These small interactions will start to make strangers feel like neighbours and can lead to friendly conversations.

Join a common cause

Get involved with the school PAC, volunteer with a kids' sports team, or join the neighbourhood association. Common interests build fast relationships.

Introduce yourself

Take the plunge and extend a hand. Or if that's too much for you, drop off a treat and introduce yourself with a little note.

Get outside

Spend more time in your front yard, on your porch, or on your balcony, and say “hi” to those who pass by.

Take a walk

Whether you have kids or pets, or both, taking them for walks around the neighbourhood is a great way to get to know the people around you and get some exercise!

Throw a party!

Have a housewarming party, or initiate a block party. Fire up the BBQ in the front yard and encourage your neighbours to join in with their favourite dish and lawn chair.

Knowing your neighbours creates a sense of community and makes everyone feel safe and comfortable.



Reasons to get to know your neighbours:



Sharing is caring

You can borrow a cup of sugar or milk. Or a hammer. Or whatever you might need in a pinch.



Helpful hands

You can help each other with yard work, shovelling snow, etc. Many hands make light work, and sharing resources can be financially beneficial too!



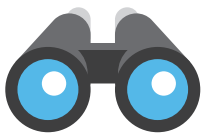
Emergency preparedness

Neighbours can be an important part of an emergency plan. In the event of a disaster, a neighbour can often assist you the fastest when you need it most.



Watchful eye

They can let you know if there has been unusual activity in the neighbourhood or introduce you to the new neighbour down the street. They can also let you know if your teenager was home a little too early from school.



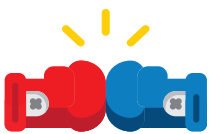
Community safety

Good neighbours watch out for each other and their property and can keep an eye out when you're on vacation. Whether it's casual observation or an organized Block Watch, more eyes and ears make a community safer.



Friendship

A throwback to our childhoods—neighbours often make great friends and are easy to keep in touch with. Growing your social circle in your neighbourhood can lead to far-reaching ties and meaningful connections in work and play.



Conflict resolution

People you are friendly with are less likely to invade your space, be loud and rowdy, or create challenging situations. It also makes it easier to have conversations about any challenges that do arise.



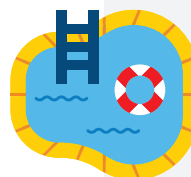
Valuable knowledge

Neighbours can be a valuable knowledge base, especially if they've lived in your neighbourhood a long time. From knowing the best tricks for your lawn to helping you hire a reliable plumber, chances are your neighbour has experience that you can rely on.



Community spirit

Neighbours have a common interest in making your community better. Maybe you'd like to get a roundabout or a school crosswalk installed. Whatever it is, you'll be stronger as a team.



Does your neighbour have a pool? Enough said.