

1. Talk to the neighbours; say hello and ask their names. Introduce yourself and the people we support.
2. Talk to the postman.
3. Make a point of saying good morning to people as you walk down the street and count how many reply. Over time notice how many more say hello back.
4. Buy and read the local paper.
5. Do some shopping locally and talk to people there.
6. Get any church magazines or newsletters delivered, or offer to deliver them.
7. Find the local public internet access in places like a library or social media surgery.
8. Read the notices at the nearest doctors' surgery.
9. Read the notices at the nearest library.
10. Search for very local websites and blogs and make face to face contact with the people who run them.
11. Find your nearest neighbourhood watch or nominated neighbour scheme.
12. Find the Facebook group for your neighbourhood, set one up or ask someone else to set it up.
13. Find the people near you holding a Big Lunch or hold one.
14. Find a local timebanking scheme.
15. Use your local Freecycle.
16. Find the local allotments/food growing projects. Go to their seed swap, plants sale, or allotment shop. It's not about gardening, it's about community.
17. Find your nearest Transition Town.
18. Get to know your local councillors and find out what's important to them.
19. Visit the local ward meeting or read the minutes.
20. Log on to Landshare.net to find out who near you is offering land or asking for land.
21. Find and visit the local jumble sales/bring and buy sales. Visit them and say hello and introduce yourselves to the people who run them.

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THINGS YOU CAN DO RIGHT NOW

This is a list of some ways you might **find out** who gets things done and **what's going on locally**. Some are things that might already be going on you could **join** and others are things you could **start** yourself. These things may be obvious to you.

They may be things you're already doing.

They may be things you've done for years. But you might find a **new idea** here or you can add some of your own.

22. Find your local lunch clubs, visit and offer to help.
23. Visit your local primary school spring fair.
24. Find and visit the local coffee mornings.
25. Go to the pub, talk to people there. Take an interest in them.
26. Visit the church/mosque/gurdwara. Find out who the movers and shakers are, who gets things done and makes things happen.
27. Visit the local community centre and ask people what is going on there. Talk to people, get to know them.
28. Find and visit any local country markets.
29. Contact your local Women's Institute and find out what's going on. It's not just for women!
30. Find and visit the local council walking groups.
31. Take in parcels for your neighbours and support people to return them.
32. Offer to wash your neighbour's car.
33. Wash your car on the street rather than the drive. Say hello to people as they walk by.
34. Offer to cut the neighbours' grass when you cut yours.
35. Pick up litter and show others you care about where you live, especially when others don't. Organise a litter pick with neighbours.
36. Get a dog and walk it.
37. Offer to walk other people's dog.
38. Accept offers of help from neighbours.
39. Wash your windows and offer to wash the neighbours'.
40. Offer pet sitting while people are away e.g. rabbits, hamsters, fish or cats.
41. Offer to put the neighbours' bins out when they are away.
42. Put the bins out and take them in for elderly neighbours.
43. Sweep up leaves in the street for composting, share them with neighbouring gardeners.
44. Ask neighbours to join you in taking part in the RSPB bird count.
45. Sell Royal British Legion poppies in your area.
46. Get together to share supermarket vouchers and points. Local schools often collect these for computers or gym equipment.
47. Grow some herbs to use when cooking or share with others.
48. Hold a coffee morning for a charity or local project.
49. Keep an eye on local requests for planning permission and find out what's going on. Ask what other people think about it.
50. Keep an eye out for elderly neighbours. Offer to be a contact number for distant relatives.

