

Nourishing Neighborhood Networks

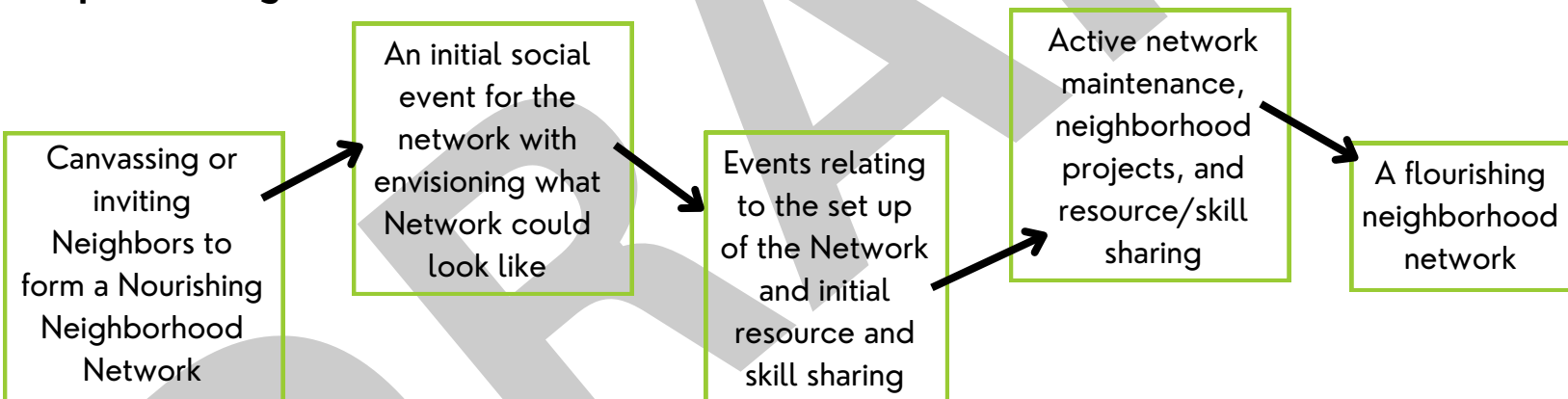
A group of neighbors coming together to connect and share resources (e.g. physical objects and spaces) and skills (e.g. knowledge and abilities) in order to thrive as a community

- Each Network is on the scale of a street or block with at least one Neighborhood Connector
- The network structure is created and maintained by its residents, making it adaptable to the needs and ideas of the neighborhood
- Resources and skills are shared based on neighbor's availability and are available to all neighborhood members

Neighborhood Connectors are:

- ★ Resident coordinators of the network and a resource for other residents
- ★ Passionate about making connections between people in the neighborhood
- ★ Responsible for scheduling neighborhood meetings, keeping records of network activities, and mediating conflicts

Steps to a neighborhood network



Intentions

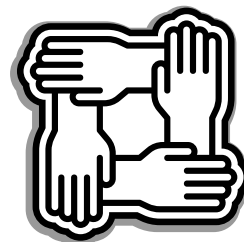
The intentions of Nourishing Neighborhood Networks are to:

Increase community cohesion



Increase physical and mental wellbeing for communities by using the resources and skills that are already available in the neighborhood

Increase preparedness for neighborhood level community response to extreme show (e.g. power outages, heavy rain) or stressors (e.g. chronic loneliness, historical trauma, food disparity)



Guiding Principles

These are some principles and values that are important to the development of Nourishing Neighborhood Networks. They allow us to connect the goals and purpose of Nourishing Neighborhood Networks with action.

Place

Develop a relationship to the place you live and its natural resources

Examples: identifying and making use of community gathering spaces (especially parks and community centers), learning to identify plants and animals that are native to your area

People

Become social weavers by creating and strengthening social bonds with our neighbors. This reduces stress and allows us to overcome challenges as a community

Examples: Meet all of your neighbors, identify skills and resources that individuals are willing to share with neighbors

Community

Practice mutual aid, or positive interdependence, by creating a shared vision of the neighborhood where all residents can participate in decision making processes. Developing neighborhood connections and increasing awareness of the strengths and weaknesses of the neighborhood in order to become more resilient at the local level.

Examples: Explore and develop community resources and skills, hold neighborhood meetings where decisions are made regarding neighborhood projects and network structures

Resources

Practice stewardship by learning how to live lightly. This means that we are reducing the amount of materials we consume and the waste we create. It also means that we are emphasizing our nonmaterial sources of wellbeing such as social connection and participating in hobbies.

Examples: Sharing objects and tools that only need to be used periodically with neighbors, sharing your skills and hobbies with others

Also covers acknowledging that the people in our neighborhood are resources and that their availability and capacity to engage deeply will fluctuate over time

Want to learn more about the values and guiding principles behind Nourishing Neighborhood Networks?

See the Nourishing Neighborhood Networks Best Practices Guide

Want to see the next steps for setting up a Nourishing Neighborhood Network?

See the Set-up Guide for Networks