



# News Release

March 27, 2020

## Neighbourhood Connect - Neighbours helping Neighbours

Recognizing that neighbours are our most powerful resource, Stony Plain Family and Community Support Services (FCSS) is launching a **Neighbourhood Connect** project to support, inspire and further connect neighbours and neighbourhoods.

Residents interested in volunteering during this time of crisis are being encouraged to register as Neighbourhood Connectors and help us ensure that their neighbours and neighbourhoods are connected and supported. The method of connecting will require innovation as all residents must use social distancing protocol.

"If every resident was to reach out to three to six neighbours and offer support, our community could ensure that there are no isolated, or unsupported residents," states Sharida Csillag, Community Development Officer with the Stony Plain FCSS.

*Consider Mary. She is a local senior living on her own, has limited mobility and is scared to leave her house because her immune system is not strong. Next door, there is Jill, a stay at home mom who has time on her hands and she is worried about how her community is doing. Jill could reach out to Mary by writing a note to her and placing it on her door. They could talk by telephone and Jill could help Mary to navigate the complexities of shopping online and having doorstep delivery. Just having Jill reach out with compassion would help Mary to feel less stressed about her situation.*

"We are experiencing unprecedented times with COVID-19 and at the same time we are seeing the strength of our community coming together," shares Stony Plain FCSS Director, Lisa Gilchrist. "It is important that as a community we connect, support and unite during this time of uncertainty. Together we can keep our community strong and healthy."

For more information about the project or to register as a volunteer, visit [www.stonyplain.com/connecting](http://www.stonyplain.com/connecting). Follow us on social media for Neighbourhood Connector ideas.

Neighbours needing more support then can be provided at the neighbourhood level, can contact Stony Plain FCSS for support from our **Caring Hearts Connection** - a safety net for neighbours needing more support.



**BECOME A CONNECTOR**  
[www.stonyplainfcss.com](http://www.stonyplainfcss.com)  
780-963-8583  
#spneighbours

