# Set up a Neighbourhood Pod
## Neighbours helping Neighbours

## What is a Neighbourhood Pod?

- A highly localized group of neighbours offering **virtual** supports to one another via Phone, WhatsApp, Facebook, Zoom, etc.
- A way to support or receive support from neighbours who live close by.
- A way to share ideas and fun ways for the community to stay connected.

## How to set up a Neighbourhood Pod:

1. Check if there are any Pods already in your neighbourhood by checking the **map**.
   - If yes, join with them and offer support.
   - If no, create your own Pod.

2. Identify the area you wish to cover.
   - Smaller groups are more effective.
   - Consider groups of only 5-30, such as a block, a street, or a floor in your building.

3. Create your Pod.
   - Determine how your pod will connect (i.e. Facebook, WhatsApp, Zoom, etc.).
   - Create pod agreements (i.e. treat others with respect, confidentiality, etc.).

4. Invite your Neighbours.
   - Leave a simple note on their door
   - Get to know your pod members: how they are coping, what are some of their needs, what skills do they have, etc.

5. Connect with other PPPs (Pod Point Person).
   - Connections are important for self-care and other PPPs can support you.
   - Fill out the **online form** to stay connected with others across Canada and add your pod to the **map**.

Find this tip sheet and other printable resources at **calgary.ca/covid19**.