

Take the friend in need Challenge

**Small things can make a big difference,
if lots of people do them.**

Here are some ideas for what you can do to help create
more caring, connected and resilient communities.

Which other ideas do you have?

Share knowledge about local supports and services

- ☐ Check in on that friend you were meaning to call.
- ☐ Engage with someone who is on the periphery of your social circle and learn five things about them.
- ☐ Send something to a friend (eg. a song, photo, funny story, news article) with a message that it reminded you of them. It's a great way to make people feel like they matter.
- ☐ Organise a 'garden/odd jobs' working bee to help someone going through a difficult time.
- ☐ Hold a 'street verge party' and invite your neighbours.
- ☐ Start a Facebook group for people who live on your street and use it as a way to give or ask for help.
- ☐ Organise a social event with your workmates.
- ☐ Introduce two of your acquaintances to each other, explaining to them what they might have in common or how they might help the other.

Foster a sense of community and belonging

- ☐ Tell three people about the Friend in Need program.
- ☐ Send a reminder email to your work colleagues about your Employee Assistance Program (we often find out about those when we start work, but then forget they exist).
- ☐ Share information about fun free or low cost events taking place in your area with your friends or workmates.
- ☐ Pin information about domestic violence, mental health or financial counselling on your community or office notice board.
- ☐ Are you part of a book club? Add a twist to your book discussion! Consider the challenges experienced by a character in the book you are reading. If the character was your friend in real life and needed support, what helplines, websites or support services could help?
- ☐ Post about a support group, service or useful resource on your own social media page.
- ☐ Hold a fundraiser in support of a service which helps people with mental health, relationship or financial challenges.

Encourage others to look after themselves

- ☐ Give a healthy treat instead of a box of chocolates as a gift, eg. beautifully presented box of fruit, a selection of herbal teas or luxury juices.
- ☐ Start a lunchtime 'walk around the block' club.
- ☐ Hold a non-alcoholic cocktail party or a 'healthy cook-off' competition with your friends.
- ☐ Offer to babysit or to take care of a chore for someone, so that they have an opportunity to do something for themselves.
- ☐ Ask a friend to join you for a yoga class, tennis game or another active activity.
- ☐ Help to build someone's confidence. You can compliment them on something directly, praise them to someone else within their hearing, or copy them into an email in which you make a positive comment about their effort, idea or achievement.
- ☐ Remind a friend going through a tough time to get a general health check-up.