OUR NEIGHBOURHOOD PROJECT

NEIGHBOURS MAKING THE NEIGHBOURHOOD MORE WONDERFUL

FIND OUT MORE: SOCIALINNOVATION.ORG/EVERYONEEVERYDAYTO
Imagine that right here in Regent Park you and your neighbours could get together and design and start projects that help your community. Well, you can with the Our Neighbourhood Project!

Toronto’s CSI Institute has teamed up with Every One Every Day in London, England to create community kits. These Project Starter Kits enable people to get together and learn from each other. Each kit focuses on practical project ideas. You can attend the workshops by yourself or with your family or neighbours and meet new people.

THERE ARE TWO WAYS FOR YOU TO GET INVOLVED

• Our Neighbourhood Workshops - perfect for individuals or single households, for folks who want to start small and still contribute to their neighbourhood. These workshops will give you everything you need to complete a fun project at home with workshops held online or in-person in the neighbourhood.

• Our Neighbourhood Project Starter Kits - there are 12 starter kits to choose from, so you can start working on projects with your neighbours for your community! Or if you want to team up with your colleagues, neighbours or classmates...

The Every One Every Day: TO Team will help connect you to people either in your building, close to your home or spread out across the neighbourhood to build mini ecosystems across Regent Park.

Each workshop and project starter kit includes materials, equipment, training, support and helpful hints and tips! Materials can include anything from pots and pans, to soil and seeds, even bee hives! You may come across thought journals, arts and crafts materials or even real live chickens.

There are different sized kits for different sized groups, from individuals to groups of up to 15 people!

Sign up to be part of Every One Every Day: TO’s Our Neighbourhood Project, and select the workshops or Starter Kits that interest you. (Each individual can register for up to 3 projects)

THIS INTRODUCTION PACK INCLUDES:

• Our Neighbourhood Workshop schedule and description of each session.

• How the projects work in 5 easy steps.

• Project Principles and working with the Every One Every Day: TO team.

• Our Neighbourhood Project Starter Kit summaries, with details about materials, and the group size required.

• Application form for starting projects in your neighbourhood.
LOCATIONS

Our Neighbourhood has many spaces that we can all use! Indoors, outdoors, we are very fortunate to have access to all of these facilities right here in our neighbourhood.

There are many agencies that serve Regent Park: Dixon Hall, YSM, Regent Park Community Health Centre, SEAS Centre, Neighbourhood Information Post, The Centre for Social Innovation, Sound Times, TCCLD, All Saints Church, Kiwanis Boys and Girls Club, Fred Victor, 40 Oak, Street Health, The Neighbourhood Group, and many others. You probably know some of the staff that work in these places already.

We have many recreation spaces like the Pam McConnell Pool, the Regent Park Community Centre, the Community Bake Oven, the Daniels Spectrum building and many of the party rooms and common spaces in each of our buildings.

Our outdoor spaces are places to gather and have fun. The Regent Park Athletic Grounds, the Big Park, the skating rink.

We will use the spaces we have in our neighbourhood in the workshops and Project Starter Kits. You and your crew will connect with agencies and grassroots groups in the community to help move your projects forward. The Every One Every Day: TO team can help you connect with the agencies and grassroots groups to gain access to space, or to plan events and projects all throughout the neighbourhood!

MEET THE TEAM

CONTACT THE TEAM AT EVERYONEEVERYDAY@SOCIALINNOVATION.CA
Regent Park is a vibrant neighbourhood, with a rich diversity of people, languages, culture and skills. These workshops are all about learning practical and creative skills with your neighbours. They are easy to attend and designed by local people and organizations in Regent Park for everyone to participate in!

Come and join your neighbours for a 6 week program of workshops where you can learn from each other online in your home or in-person with physical distance measures in place.

Throughout November and December, there are workshops scheduled for you to take part in and enjoy something new in your community! This is a great opportunity to gain a new skill or explore a new hobby and meet other people.

**HERE IS THE LIST OF OUR NEIGHBOURHOOD WORKSHOPS**

**OUR NEIGHBOURHOOD PAINTS**
A painting project where each person gets to create a unique piece of art that comes together to create a mosaic community mural!

**OUR NEIGHBOURHOOD GROWS**
Learn the basics of growing food right at home, without using soil or taking up too much space, using hydroponics.

**OUR NEIGHBOURHOOD EXPLORES**
A journaling exploration of your values and your community, using reflective activities, photography, found objects and innovative thinking.

**OUR NEIGHBOURHOOD COOKS**
Learn to cook in big batches, sharing nutritious, delicious, and budget friendly recipes and ideas.

**OUR NEIGHBOURHOOD PLANTS**
A community tree planting project, raising indigenous tree species from seed to plant in the local community.

**OUR NEIGHBOURHOOD LEARNS**
Practise fun skills and hobbies with your neighbours and share some of your own!

The program will run from Monday November 2nd until Friday December 11th, so make sure to sign up early to get your spot!
OUR NEIGHBOURHOOD GROWS

LEARN THE BASICS OF HYDROPONICS, GROWING YOUR OWN LETTUCE AND HERBS, RIGHT IN YOUR OWN HOME!

Have you ever wondered how to grow veggies in your own home without the hassle of heavy soil and pots? Well, hydroponics is the answer. Not only is it easy to set up and use, but it is also free of GMOs, herbicides and pesticides, so it’s healthy too!

Just Vertical is a local organization, specializing in vertical gardening and hydroponic systems. This ranges from small single household units, to large warehouse spaces.

You can’t get more local than growing your own salad and herbs in your own living room!

HYDROPONICS OVERVIEW
Monday November 9th | 2:00 - 3:30pm
Thursday November 19th | 3:00 - 4:30pm
Online | Zoom (link provided at registration)

This session will involve learning about the benefits of growing your own food. It will focus on indoor vs. outdoor growing, soil vs. hydroponic growing, and residential vs. commercial scale growing. The aim of this session is to go over some myths and misconceptions of agriculture, as well as stress the importance of growing locally, within and for your community.

FOOD SECURITY
Monday November 16th | 2:00 - 3:30pm
Thursday November 26th | 3:00 - 4:30pm
Online | Zoom (link provided at registration)

This session will focus on food security vs. insecurity and what that looks like (and where) in Canada. It will focus on nutritional content and health properties of food, food transport and environmental, social and economic impacts and challenges.

CELEBRATION OF HOMEGROWN GREENS
Monday November 16th  |  2:00 - 3:30pm
Thursday November 26th  | 3:00 - 4:30pm
Online | Zoom (link provided at registration)

Learn more about no soil gardening, the future of agriculture, as well as the benefits of growing your own food.

At the end of a six week program, we come together and celebrate what we have grown together, and share our favourite recipes for using those salad leaves and herbs in our dishes.

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OUR NEIGHBOURHOOD LEARNS

LEARN UNIQUE SKILLS FROM YOUR NEIGHBOURS

Our Neighbourhood Learns is a home grown trade school that opens up fun opportunities to learn from each other!

We have put together a list of exciting, creative and practical skills, offered by your neighbours. Sign up for their workshops and learn from them, in a fun group either online or in person, if possible. In exchange you offer a token of your appreciation: a favorite memory, a family story, a found object or a neighbourly favour. There’s a story behind each trade.

YOGA FOR EVERYONE
Saturday November 7th
2:00 - 4:00pm

Online | Zoom (link provided at registration)

It’s a great way to spend a few hours, learn something new and create connections with new people across Regent Park.

Anyone can take part in the learning, no matter your age!

Let the Every One Every Day: TO team know if you would like to run a workshop in the future!

BASIC BUDGETING
Tuesday November 10th
6:00 - 7:00pm

Online | Zoom (link provided at registration)

Let’s start with the basics of budgeting. While looking at finances can be overwhelming for some, best way to keep on top of your finances is to start with a budget. In this workshop, you will learn the basics of budgeting, whether you’re single, or a family household.

Making Masks
Friday November 13th
5:00 - 7:00pm

Online | Zoom (link provided at registration)

Masks are a fun way to hide what’s on the outside, or express what’s on the inside. Together, we can make masks to express what gives us inner strength and courage using simple, durable materials.

THINGS TO DO WITH KIDS OUTDOORS
Wednesday November 25th
12:00 - 1:00pm

Online | Zoom (link provided at registration)

Whether keeping the kids busy through quarantine or just looking for things to do outdoors on weekends, there are plenty of fun activities you can do without needing to travel too far. ETricks for building a campfire; how to make a quinzee; animal tracks and spoor; trails around town; how to make a berry patch shelter.

THE POWER OF THOUGHT
Monday November 30th
7:00 - 9:00pm

Online | Zoom (link provided at registration)

Learn how you can take control of your thoughts and change your life. The session will involve discussion and interactive experiences and examples, leaving you with samples on how you can implement a small change in your life today.

GIFTS FOR YOURSELF OR OTHERS
Wednesday December 9th
6:00 - 8:00pm

Online | Zoom (link provided at registration)

Bath bombs, face scrubs, lip gloss. You can make your own wonderful items to pamper yourself or gift them to your friends. All you need is a couple simple ingredients, and Ayesha will show you how it’s done!
OUR NEIGHBOURHOOD EXPLORES

TAKE A GUIDED JOURNEY, AND EXPLORE REGENT PARK THROUGH THE LENS OF A SOCIAL ENTREPRENEUR.

Look at our neighbourhood through fresh eyes. Explore your values, and your neighbourhood through the lens of a social entrepreneur.

What are your values and how are they represented in your community? Our values shape us and they can shape our community too. What are the challenges you identify in your community? Perhaps you could use your knowledge of the neighbourhood, and skills and strengths to work towards creative solutions.

This is a chance to use your shared knowledge and values to try out some ideas of ways to improve the community. This is what a social entrepreneur does!

This 6 week reflective project guides you through exploratory exercises, which you will share weekly with a group, while asking and answering the important questions about our neighbourhood.

EXPLORING OUR STORIES
Thursday November 5th | 7:00 - 8:30pm
Online | Zoom (link provided at registration)

Share your thoughts and findings from your weekly activities with your neighbours.

FOUND OBJECTS
Thursday November 12th | 7:00 - 8:30pm
Online | Zoom (link provided at registration)

Explore your community for items that represent you and your values, and tell a story about your community.

CHALLENGES & SOLUTIONS
Thursday November 26th | 7:00 - 8:30pm
Online | Zoom (link provided at registration)

Bring together what you know about your community, and your personal reflection to identify some of the challenges that are present around you. Utilize the tools that you have to design solutions.

MAKING CONNECTIONS TO STRENGTHEN OUR NEIGHBOURHOOD
Thursday December 3rd | 7:00 - 8:30pm
Online | Zoom (link provided at registration)

Neighbourhoods are networks! Who are you connected with? And how can you work together to make our neighbourhood even better?

MY UNIQUE SKILLS
Thursday November 19th | 7:00 - 8:30pm
Online | Zoom (link provided at registration)

Reflect on your unique set of skills, how you see yourself and how others see you, and how you show up in your Community.

BE THE CHANGE!
Thursday December 10th | 7:00 - 8:30pm
Online | Zoom (link provided at registration)

You’ve defined the problem, let’s think about the solution! Work out some steps and put together a basic action plan for yourself. You can practice setting goals, time management and organizational skills.
OUR NEIGHBOURHOOD COOKS

EVERYTHING YOU NEED TO KNOW ABOUT COOKING MEALS FOR THE WEEK IN ONE GO.

Batch Cooking is the practice of cooking a lot of food using a few ingredients. It’s a great way to get you and your family prepared for the week with nutritious, delicious, and cost effective food ideas. It’s even better when you can do it with your neighbours!

You will learn how to change a recipe to match your family’s needs. You can plan breakfast, lunch or dinner. If you think about all the ways you can cook eggs or potatoes, you can imagine that the possibilities are endless!

You will gather your own ingredients at home or in a socially distanced space, and cook together. With the help of a facilitator, you can make a week’s worth of meals. The dishes you cook will be ready to be taken out of the fridge each day.

PREPARING BREAKFAST FOR A WEEK

Tuesday November 10th | 10:00 - 11:30am
Online | Zoom (link provided at registration)

Breakfast is the most important meal of the day! Set yourself, and your family, up for success by having a week’s worth of breakfast in the fridge and ready to go every day!

IDEAS FOR PACKED LUNCH

Tuesday November 17th | 4:30 - 6:00pm
Online | Zoom (link provided at registration)

Home cooking is so much better than fast or processed food. Save yourself time and money by planning to take delicious packed lunches with you to work or school every day.

HOMEMADE HEAT & SERVE DINNERS

Monday November 23rd | 6:30 - 8:00pm
Online | Zoom (link provided at registration)

Whether it’s slow cooker dishes or casseroles, it’s nice to come home and have dinner already ready. Just heat up and serve, so there’s more time to spend time together during the week!

SNACKS & TREATS

Saturday December 5th | 2:00 - 3:30pm
Online | Zoom (link provided at registration)

Snacks and treats are great to have around. Make nutritious and delicious treats like granola bars, healthy cookies, and fruit snacks to have in the house whenever you need a little bite.

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OUR NEIGHBOURHOOD PLANTS

SOW SEEDS AND PLANT INDIGENOUS TREES!

Do you want to see more beautiful trees in Regent Park?

Did you know that you can grow an indigenous tree from seed? Canada’s Indigenous people had a special relationship with the land. Green Thumbs Growing Kids, our local garden protectors, have prepared a kit and a workshop to help you grow & nurture trees from seed.

They tell us about the Indigenous People who have been the stewards of Canada and Regent Park for thousands of years.

You and your neighbours can nurture these leafy trees that are native to the area, and plant them in the neighbourhood to help increase the tree population in Regent Park. Creating shade for each other, and clean air for all!

Whether you are a green thumb or a rookie, this workshop is for everyone! It’s about learning from each other and seeing those trees in full boom. All materials will be provided.

TREES, LAND AND PEOPLE PART 1

Tuesday November 3rd | 2:00 - 3:30pm
Monday November 9th | 9:30 - 11:00am
Online | Zoom (link provided at registration)

Join Green Thumbs for a walking tour (in person, socially distanced or virtual) identifying and learning about local native tree species. Stop for a planting activity to grow a tree from seed and learn Anishinaabemowin tree names.

By planting trees from seed, we promote healthy biodiversity within the species. Workshop conducted over 2 sessions.

TREES, LAND AND PEOPLE PART 2

Thursday November 5th | 2:00 - 3:30pm
Wednesday November 11th | 9:30 - 11:00am
Online | Zoom (link provided at registration)

Join Green Thumbs for a walking tour (in person, socially distanced or virtual) identifying and learning about local native tree species.

Stop for a planting activity to grow a tree from seed and learn Anishinaabemowin tree names. By planting trees from seed, we promote healthy biodiversity within the species. Workshop conducted over 2 sessions.
CREATE A COMMUNITY MOSAIC MURAL.

Join ArtHeart and your neighbours to create a beautiful Community Mural made by everyone. Using wooden shapes and acrylic paint, you will paint a wooden tile that will be part of a large community mural displayed in Regent Park.

Whether you have painted before or not, this workshop is a great opportunity to try out some visual art techniques in your own unique way.

PAINTING BASICS

Wednesday November 4th | 12:00 - 1:30pm
Tuesday November 24th | 6:00 - 7:30pm
Address and/or link provided at registration

Learn new painting styles and techniques and share your way of expressing yourself through art with your neighbours.

NEIGHBOURHOOD PAINTS

Wednesday November 11th | 12:00 - 1:30pm
Tuesday December 1st | 6:00 - 7:30pm
Address and/or link provided at registration

Apply painting techniques that you’ve learned and socialize with your neighbours while creating something beautiful for your community.

MURAL DESIGN

Wednesday November 18th | 12:00 - 1:30pm
Tuesday December 8th | 6:00 - 7:30pm
Address and/or link provided at registration

Work towards finishing your piece for the Community Mural and plan how the big piece will come together.
Our Neighbourhood Starter Kit Projects are perfect for a group of neighbours, who want to participate in projects that strengthen Our Neighbourhood.

There are 12 Project Starter Kits to help you plan things like: neighbourhood parties, pollinating gardens, swap events, and even chicken coops. They are all practical and useful ideas that will help to enrich our great community.

Each of the Our Neighbourhood Starter Kits include materials, equipment, training, support and helpful hints and tips!

Materials can be anything from soil and pots, bee hives to seed packets to thought journals, arts materials to project planning tools. There are different sized kits for different sized groups of people. You can join in as one person or in groups from 3 to 15 people!

The starter kits are a way for you to join with a mini neighbourhood ecosystem to plan and execute projects that will help make our community better and stronger.

For each of the kits, you will need a minimum of 3 people. For some you will need to gather a group of up to 15 (depending on the kit). If you want to join but don’t know other people who would like to start these projects, we can help you find more people in your neighbourhood.

GET STARTED & APPLY TODAY!

SOCIALINNOVATION.ORG/EVERYONEEVERYDAYTO

APPLY ONLINE HERE: HTTP://BIT.LY/EVERYONEEVERYDAY

OR FLIP TO THE BACK OF THIS BOOKLET FOR A PAPER COPY YOU CAN FILL OUT & DROP OFF!

OUR NEIGHBOURHOOD CELEBRATES
A winter lobby party.

OUR NEIGHBOURHOOD FEASTS
A community potluck.

OUR NEIGHBOURHOOD POLLINATES
Build beehives and plant pollinator gardens.

OUR NEIGHBOURHOOD PLAYS
Open access community activity boxes.

OUR NEIGHBOURHOOD READS
Children’s stories and activity programming.

OUR NEIGHBOURHOOD BLOOMS
 Beautifying our community with bulbs and bloom.

OUR NEIGHBOURHOOD COMPOSTS
Reducing waste, and keeping our soil healthy.

OUR NEIGHBOURHOOD RECYCLES
Find ways to reuse our community plastic waste.

OUR NEIGHBOURHOOD SHARES
Borrow things from your neighbours.

OUR NEIGHBOURHOOD SWAPS
Organize a clothing swap. It’s fun, creative and money saving.

OUR NEIGHBOURHOOD STORIES
Collect and share stories of our vibrant neighbourhood.

OUR NEIGHBOURHOOD FARMS
Chickens! Right here in Regent Park.
OUR NEIGHBOURHOOD CELEBRATES
OUR NEIGHBOURHOOD OPEN FEASTS
OUR NEIGHBOURHOOD READS
OUR NEIGHBOURHOOD SHARES
OUR NEIGHBOURHOOD BLOOMS
OUR NEIGHBOURHOOD SWAPS
OUR NEIGHBOURHOOD POLLINATES
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OUR NEIGHBOURHOOD PLAYS
OUR NEIGHBOURHOOD STORIES
OUR NEIGHBOURHOOD FARMS
OUR NEIGHBOURHOOD RECycles
OUR NEIGHBOURHOOD

FRIENDSHIP BUILDING PROJECTS

PROJECTS TO RECIRCULATE RESOURCES

OUR NEIGHBOURHOOD CELEBRATES

OUR NEIGHBOURHOOD BLOOMS

OUR NEIGHBOURHOOD RECYCLES

OUR NEIGHBOURHOOD PLAYS

OUR NEIGHBOURHOOD READS

OUR NEIGHBOURHOOD FARMS

PROJECTS FOR FAMILIES TO THRIVE
# PROJECT GUIDELINES

**HOW OUR NEIGHBOURHOOD PROJECT WILL WORK WITH YOUR NEIGHBOURS AND THE EVERY ONE EVERY DAY TORONTO TEAM.**

<table>
<thead>
<tr>
<th>1</th>
<th>OPEN TO EVERYONE - NOT EXCLUSIVE TO GRASSROOTS GROUPS OR ORGANIZATIONS</th>
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<tbody>
<tr>
<td>Anyone can join the Every One Every Day: TO Our Neighbourhood Project. As long as you live in Regent Park you’re ready to go!</td>
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<tr>
<td>If you need help connecting with your neighbours to get started, the CSI’s Every One Every Day: TO Team is ready to help.</td>
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<th>2</th>
<th>EVERYONE IS VALUED AS EQUALS - WITH EVERYONE ABLE TO CONTRIBUTE</th>
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<tbody>
<tr>
<td>The whole neighbourhood matters!! Getting involved in Our Neighbourhood Project means creating space for everyone to have a say in picking projects, planning and taking part.</td>
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<th>3</th>
<th>PROJECTS THAT BENEFIT THE WHOLE NEIGHBOURHOOD - NOT JUST INDIVIDUAL HOUSEHOLDS</th>
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<tr>
<td>The 18 projects are designed to work together and benefit everyone in Regent Park.</td>
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<tr>
<td>Our Neighbourhood Starter Kits are full of great bits for everyone to use. It’s important to make sure that material and equipment are accessible and are easy to borrow and keep safe.</td>
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<th>4</th>
<th>PRACTICAL SPEEDY WAYS OF WORKING IN PROJECT TEAMS - NOT COMMITTEES</th>
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<tbody>
<tr>
<td>It’s important that when planning the projects, you and your neighbours share responsibility and make decisions together so you can get started quickly.</td>
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<tr>
<td>Different people will form small teams around each project, and those who are more involved will have the most influence over the decisions in a collaborative fashion.</td>
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<th>5</th>
<th>PEOPLE OF ALL AGES ARE ENCOURAGED TO BE INVOLVED IN PRACTICAL PROJECTS AS MAKERS &amp; CONTRIBUTORS - NOT JUST SPECTATORS</th>
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<tbody>
<tr>
<td>There’s always something for everyone! Across the 18 projects you’ll find lots of activities that children and young people, adults and seniors can host, take part in, learn from and enjoy! In Regent Park, children are mini-makers, creating, learning and sharing their skills; and seniors come with a wealth of knowledge and that is invaluable to our community!</td>
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<th>6</th>
<th>SUPPORT FROM CSI’S EVERY ONE EVERY DAY: TO</th>
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<tbody>
<tr>
<td>The Every One Every Day: TO team will help you every step of the way. They will support your group with lots of tools, ideas and plans to kick off your Our Neighbourhood Project the right way. We’re learning and researching together to make everyday life better in your neighbourhood.</td>
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</table>
OUR NEIGHBOURHOOD PROJECTS INCLUDE A VARIETY OF ROLES THAT ALLOW DIFFERENT PEOPLE IN YOUR AREA TO GET INVOLVED IN WAYS THAT BEST MATCH THEIR INDIVIDUAL INTERESTS, SKILLS AND ABILITIES. HERE ARE SOME EXAMPLES OF ROLES THAT YOU MIGHT NEED FOR YOUR NEIGHBOURHOOD.

- PHOTOGRAPHER
- LISTENER
- FILM MAKER
- BEE BUDDY
- NATURE LOVER
- TECH WIZ
- MEETER & GREETER
- DIY EXPERT
- RESEARCHER
- CONNECTOR
- COMPOSTER
- RECYCLER
- FIRST AIDER
- BAKER
- MAKER
OUR NEIGHBOURHOOD CELEBRATES

OPEN YOUR LOBBIES, AND EXPLORE OUR NEIGHBOURHOOD TO DISCOVER NEW FRIENDS.

You and your crew can plan a warm reception in your building lobby or neighbourhood space. Regent Parkers can tour the neighbourhood, have a cup of something warm and connect with each other.

You can plan a little activity, serve a warm drink or treat, show off your decorating skills, and welcome your neighbours in for a wonderful wintertime get together.

Open lobbies are a great way for everyone to experience other spaces in our neighbourhood, and get to know the people living around you.

This can take place on a single day, as a whole day event during the winter, for neighbours to tour all the open spaces and connect with each other.

In this kit you’ll find everything from food vouchers to a decoration making kit. The Every One Every Day: TO team will help to support and coordinate with other groups in the neighbourhood who want to participate.

BENEFITS FOR YOU AND YOUR NEIGHBOURHOOD

1. Community, Fun & Friendship
2. Boosting Creativity
3. Wellbeing & Health
4. Learning & Skill Sharing
5. Resilience to Change
6. Saves Household Budget or Time
7. Great Place To Grow Up
8. Great Place To Grow Older
9. Beautify Neighbourhood
10. Save Planet Resources
11. Re-circulate Resources
12. Re-wilding & Biodiversity

STARTER KIT INCLUDES

- Food Vouchers
- Paper Lanterns
- Table Cloths
- String of Festoon Lights
- Plates & Cups
- Glue Guns for Bunting
- Promotional Materials
- Support
- Workshops & Training
OUR NEIGHBOURHOOD FEASTS

COME TOGETHER OVER A SHARED MEAL MADE UP OF MANY FAVOURITE DISHES.

Potlucks are an opportunity to have conversation and connection over shared food. They can be held in the afternoon or evening and involve each neighbour bringing a dish, a snack or a drink to create a feast for all! Everyone is welcome to take part in the meal but can also help to set up and tidy up.

You can have the meal inside your home, at a community space, or in a building lobby. Or even better, if the weather’s nice, why not put out tables on the street and have a meal outside.

Organizing the Neighbourhood Feast, your team can get together and make table decorations and place settings to create a beautiful atmosphere for your meal!

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STARTER KIT INCLUDES

- DRINK DISPENSER
- SERVING BOWLS
- SETS OF CUTLERY
- PLATES & CUPS
- PROMOTIONAL MATERIALS
- SUPPORT
- WORKSHOPS & TRAINING
How do we create new wild green space so that birds, bees, bugs and wildlife can be restored? This starter kit is all about making the most of wildflowers and wild bees. When you think about bees it’s probably a Honey or Bumble bee but there are hundreds of other species. Some are Solitary or Wild Bees and they don’t live in hives, make honey or wax but they are amazing pollinators! Bees and other pollinators move pollen from the male to the female plant.

You and your neighbours can help increase the Wild Bee population in your neighbourhood. This small act of planting bee friendly flowers, helps keep bees alive, stopping them dying out. All by building them safe homes and planting wildflowers for them to feast on. Build your own bee houses, and plant gardens that will build an eco system right here in Regent Park.

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**STARTER KIT INCLUDES**

- SOLITARY BEEHIVES
- KIDS BEE HOME KIT
- BAGS WILD FLOWER SEEDS
- PROMOTIONAL MATERIALS
- SUPPORT
- WORKSHOPS & TRAINING
OUR NEIGHBOURHOOD PLAYS

OPENING NEIGHBOURHOOD SPACES TO SAFE COMMUNITY PLAY DAYS.

Our Neighbourhood Plays is an opportunity to take over a space in the neighbourhood.

Any space (The Big Park, Athletic Grounds, public streets) can turn into a playground. Every One Every Day: TO will help you arrange permits and permission to find a space. In this kit you’ll find everything you need for an afternoon of fun!

Imagine there’s a dedicated space for the community to come out to play safely… what kinds of games would you play? Would you have music? What games can kids and adults play together? There are so many possibilities.

Everyone can be involved. It’s a great way to enjoy time with the people living around you!

BENEFITS FOR YOU AND YOUR NEIGHBOURHOOD

1. Community, Fun & Friendship
2. Boosting Creativity
3. Wellbeing & Health
4. Learning & Skill Sharing
5. Resilience to Change
6. Saves Household Budget or Time
7. Great Place To Grow Up
8. Great Place To Grow Older
9. Beautify Neighbourhood
10. Save Planet Resources
11. Re-circulate Resources
12. Re-wilding & Biodiversity

STARTER KIT INCLUDES

- Long Skipping Ropes
- Pavement Chalks
- Balls
- Street Cones
- Outside Storage Box
- First Aid Kit
- Promotional Materials
- Support
- Workshops & Training
OUR NEIGHBOURHOOD READS

BRINGING STORIES TO LIFE.

What if we created a time for kids and adults to share their most treasured books and stories, followed by fun and interesting activities linked to that story.

Whether it’s your favourite childhood book, a translated children’s story from your home, or an exciting imaginative tale, it’s all about listening and exploring your creativity through storytelling.

You can use the crafts in this toolkit and things from around your home, in the park and garden, to bring your stories to life. Make characters out of paper, turn cereal boxes into theatre stages, use leaves and cotton to set the scene.

There’s no wrong way to have Our Neighbourhood Reads. It’s an experiment, it’s learning, and it’s fun!

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14. Boosting Creativity
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STARTER KIT INCLUDES

- CRAYONS
- COLOURED PIECES OF CARD
- PLASTICINE POTS
- PAINT BRUSHES
- POSTER PAINTS
- PAPER ROLLS
- PROMOTIONAL MATERIALS
- SUPPORT
- WORKSHOPS & TRAINING
OUR NEIGHBOURHOOD BLOOMS

BEAUTIFY OUR NEIGHBOURHOOD WITH FLOWERS.

A blooming spring starts indoors! Choose the plant you’d like to grow at home and find a sunny spot for that seed to grow. Share tips and progress with your neighbours and get ready to plant them out in the neighbourhood.

Your group, with the help of the Every One Every Day: TO team, can speak to agencies and businesses in the neighbourhood to transform outdoor spaces into blooming streets. Wouldn’t it be lovely to have bright and colourful spaces, right here in our community?

Together, you and your neighbours can colour to your street with bold tulips, swaying sunflowers and bright daffodils as well as other flowers.

The birds, bees, bugs and butterflies will thank you - so will everyone who walks through Regent Park!

Start your growing over the winter and plan for a beautiful blooming spring!

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STARTER KIT INCLUDES

- SUNFLOWER SEEDS
- FLOWER BULBS
- HAND TROWELS
- PLANTING TUBS
- BAG OF SOIL
- PROMOTIONAL MATERIALS
- SUPPORT
- WORKSHOPS & TRAINING
OUR NEIGHBOURHOOD COMPOSTS

A NEIGHBOURHOOD ORGANIC WASTE PROJECT.

Composting is an easy way to reduce food waste that would normally go to landfill. Create healthy soil for your community gardens. Composting is a great outdoor activity that brings neighbours together, and sets the community up with communal compost and leaf banks.

The included compost bin can be kept in a garden or a secure area, where you and your neighbours can easily drop off the kitchen waste you have collected.

Participants can then take turns to the compost, share tips to enrich the mix and share the nutrient rich compost throughout the many gardens in Regent Park.

Once the kitchen contributions and leaves are sufficiently decomposed, you will be ready to add the compost to your house plants, local garden plots, nearby flower beds or community gardens.

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STARTER KIT INCLUDES

- CHICKEN WIRE ROLL
- PLANTING STAKES
- STAPLE GUN
- 480 LITRE TIMBER COMPOSTER WITH LID
- BIODEGRADABLE COMPOST BAGS
- HOW TO USE SIGNAGE
- PROMOTIONAL MATERIALS
- SUPPORT
- WORKSHOPS & TRAINING
OUR NEIGHBOURHOOD RECYCLES

TAKE YOUR RECYCLING TO THE NEXT LEVEL!

The Precious Plastics project is a global community of 80,000 people! These people are connecting and creating new and exciting ways to recycle plastic locally, and reuse unavoidable waste plastic.

Your group can join them and make a big difference, right here in Regent Park!

Together with your neighbours you’ll learn how to shred, sort and transform plastic.

Imagine turning an empty pop bottle into a keyring, or an empty bleach bottle into a coaster!

It’s easy! Your group will receive everything you need to set up a collection and shredding station. Everything that you collect will be stopped from going to landfill and can be recycled right in front of your eyes!

There are lots of different types of plastic, so there’s lots to learn about how to make things with waste!

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STARTER KIT INCLUDES

- Plastic Bottle Crushers
- Bottle Cutting Tools
- Strong Scissors
- Irons
- Industrial Parchment Paper
- Collection Bags
- Promotional Materials
- Support
- Workshops & Training
OURSNEIGHBOURHOODSHARES

SHARINGUSEFULTHINGSWITHEACHEMER. DIYJUSTBECAMEAWHOLELOT EASIER ANDCHEAPER.

Have you ever had to buy something just to use it once? Do you have things around the house that you haven’t used in ages, like screwdrivers, books and garden tools?

In your drawers and cupboards you probably have something useful to someone in your community, so why not share and borrow?

If you’re happy to lend your neighbours a sewing machine, DIY tools, kitchen items or if you’d like to share your personal book library with others, you can start this project with little effort!

It’s a great way to save money on unnecessary items and connect with your neighbours.

Inside this toolkit you’ll find plans to create a neighbourhood list of items that can be shared and borrowed.

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STARTERKITINCLUDES

- OBJECT STICKERS
- PROMOTIONAL MATERIALS
- SUPPORT
- WORKSHOPS & TRAINING
OUR NEIGHBOURHOOD SWAPS

FINDING TREASURES! REDUCING WASTE! WE ALL LOVE NEW CLOTHES - IMAGINE GETTING A WHOLE NEW OUTFIT WITHOUT SPENDING A CENT.

Do you have some old clothes lurking at the back of the wardrobe that you never wear?

Our Neighbourhood Swaps is a clothing exchange, where you can swap the items you wear least often, for something fresh for the next season.

Children grow up so fast... instead of throwing their clothes away, and buying new stuff, why not organize a clothing swap with your neighbours?

You could save money, help to upcycle textiles and have fun trading clothes with your neighbours. There are so many possibilities!

In this kit you’ll find everything you need to start sharing and swapping with your neighbours, and the Every One Every Day: TO team is available to help!

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STARTER KIT INCLUDES

HANGERS
CLOTHING RACK
TABLES
SPACE
PROMOTIONAL MATERIALS
SUPPORT
WORKSHOPS & TRAINING
OUR NEIGHBOURHOOD STORIES

GATHERING THE STORIES OF OUR GREAT COMMUNITY.

Regent Park has a long history. Some of us have been here right from the beginning, and some of us are new to this incredible community.

Regardless of the time we have spent here, we each have our own story to tell, and it is these stories that make our community so rich and vibrant.

Become a part of Regent Park’s living history by meeting your neighbours, and collecting their stories. You can help to build a living tour of Our Neighbourhood.

Inside the tool kit you will have prompts for gathering stories, contact cards, promotional templates to invite friends and neighbours to participate. The Every One Every Day: TO team, and partners from Daniel’s, RPNA, and Regent Park Social will help to make connections and support the design process.

Join these workshops where you will get help in learning how to write, interview and shape local stories. You can also write and share your own story as part of this project!

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STARTER KIT INCLUDES

CAMERAS

STORY TELLING PROMPT SHEETS

HISTORICAL ARCHIVES ACCESS

PROMOTIONAL MATERIALS

SUPPORT

WORKSHOPS & TRAINING
OUR NEIGHBOURHOOD FARMS

EXPLORE THE INS AND OUTS OF A COMMUNITY CHICKEN COOP. WHAT WOULD IT TAKE TO HAVE A CHICKEN COOP RIGHT HERE IN REGENT PARK...

What about chickens on a rooftop? They make great pets, have interesting personalities and are so much fun to watch - and of course there are the fresh eggs!

Spending time with chickens and learning how to care for them is very rewarding. Starting a Coop in Regent Park means planning a community care timetable and learning how to keep and care for hens, and a coop.

You and your neighbours can join in and learn how to feed, groom and care for the hens before planning to bring some into the community.

Once your crew knows everything there is to know about community chickens, with the help of the Every One Every Day: TO team, you can start to plan for chickens right here in Regent Park!

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STARTER KIT INCLUDES

- Chicken Manual
- Promotional Materials
- Support
- Workshops & Training
HERE’S HOW THE PROJECT WORKS IN 5 EASY STEPS

**STEP 1**
APPLY FOR OUR NEIGHBOURHOOD PROJECT

Fill out the simple form either online or using the paper copy in the back of this newspaper.

Get excited about the options right here in your community and choose the projects that interest you.

Applications are open from Monday October 5th - Saturday October 31st. Don’t wait to apply!

**STEP 2**
TALK TO TEAM ABOUT HOW THE PROJECT WORKS

After you fill out the application and submit it, an Every One Every Day: TO team member will be in touch.

You can ask questions about how it all works and talk through next steps.

**STEP 3**
SELECT AND CONFIRM YOUR PROJECTS

With a mix of individual and group projects, you have lots to choose from!

Confirm your interest in a workshop and/or starter kit projects.

Remember, you may be a part of any 3 Our Neighbourhood kits. You choose the mix of workshops, and/or starter kits that work for you.

**STEP 4**
GET GOING ON THE NEXT STEPS

If you are participating in a workshop, plan your schedule, what materials you need, and whether you will join online or in person (with Covid precautions).

If you are participating in a starter kit project, you can get support from the Every One Every Day: TO team, to build your crew to get the project started. Share photos of your progress with your neighbours on Whatsapp and Facebook.

**STEP 5**
START WORKING ON YOUR PROJECTS!

The Every One Every Day: TO team will provide the details on how to collect the materials needed for your kit.

With either a pick up or drop off process, once you get your stuff, get started! Don’t worry, we are here to help!
LET'S GET STARTED! SIGN UP NOW!

This application form will help us to gather some information about you. And you will be able to see the Workshops and Community Starter Projects that are available.

Fill out this application, detach the page and drop off to CSI - Daniel's Spectrum Building, 3rd floor 585 DUNDAS ST E. Or apply online - http://bit.ly/everyoneeveryday

For more info call 416.979-3939 x3 or Email everyoneeveryday@socialinnovation.ca

FULL NAME

DO YOU RESIDE IN REGENT PARK?
The Regent Park Neighbourhood is bound by Gerrard to the north, Parliament to the west, River to the east and Shuter to the south. Please tick the box.

☐ Yes  ☐ No  ☐ Other

WHAT IS YOUR ADDRESS?
Please include postal code.

DO YOU LIVE IN?

☐ TCHC Building  ☐ Market Building  ☐ TCHC Town House
☐ Market Town House  ☐ Other

PHONE NUMBER

EMAIL

HOW WOULD YOU LIKE US TO CONTACT YOU?
Someone from the Every One Every Day: TO team will contact you to discuss how the project works and how to get started.

☐ Email  ☐ Phone  ☐ SMS  ☐ Other

TELL US A LITTLE BIT ABOUT WHY YOU ARE SIGNING UP FOR THE OUR NEIGHBOURHOOD PROJECT

HAS COVID-19 AFFECTED YOUR DECISION TO BE A PART OF THIS PROJECT? HOW?

WHICH OUR NEIGHBOURHOOD WORKSHOP(S) ARE YOU INTERESTED IN?

☐ Our Neighbourhood Paints  ☐ Our Neighbourhood Grows  ☐ Our Neighbourhood Explores
☐ Our Neighbourhood Cooks  ☐ Our Neighbourhood Plants  ☐ Our Neighbourhood Learns

YOU WILL NEED A GROUP OF AT LEAST 3 PEOPLE FOR THESE STARTER KITS

☐ Yes, I have a group of neighbours, and we’d like to work together.  ☐ No, I love the idea, but will need support to connect with other neighbours.

I HAVE A GROUP OF NEIGHBOURS, AND WE’D LIKE TO WORK TOGETHER! PLEASE TELL US THEIR NAMES...

WHICH OUR NEIGHBOURHOOD STARTER KIT(S) THAT INTEREST YOU?

HOW DID YOU HEAR ABOUT THE OUR NEIGHBOURHOOD PROJECT?

DO YOU HAVE ANY ACCESSIBILITY NEEDS THAT WOULD HELP YOU PARTICIPATE IN THE OUR NEIGHBOURHOOD PROJECT

☐ Translation Services  ☐ Childcare  ☐ Access to internet
☐ Access to computer  ☐ Financial Resources  ☐ Other

WOULD YOU LIKE TO PARTICIPATE IN THE EVALUATION OF THE EVERY ONE EVERY DAY: OUR NEIGHBOURHOOD PROGRAMME

☐ Yes  ☐ No
MAKING OUR NEIGHBOURHOOD BETTER, ONE PROJECT AT A TIME.

IT’S UP TO US!