



JUBILEE

North Jubilee AGM

The North Jubilee Neighbourhood Association AGM is scheduled for November 21 at 7 p.m. The [NJNA](#) has recently hired a coordinator (Andrea) to help the organization with projects, planning and administration. Drop by to meet Andrea and chat with members of the association. It promises to be an exciting year ahead for them!



North Jubilee
Neighbourhood
Association

IDEAS FROM AROUND THE CITY

Placemaking Done Quick

Over the late summer, you may have noticed the quick placemaking projects at Ship Point, Centennial Square and South Broad Street. The same approach was used at each site – green artificial turf, with white furniture with various games thrown in. On Ship Point, food trucks and musical performances were added to the mix. This approach is something you may want to consider for a place where you would like to facilitate some community gathering next summer....



IDEAS FROM FURTHER ABROAD

Developing Neighbourhoods in Ottawa

Ottawa has a well-established approach to improving quality of life in neighbourhoods. Through their [Community Development Framework](#), community associations and other service providers work together to determine priority issues in the neighbourhoods and action plans for addressing them. Working Groups develop approaches for improvements on priority topics such as community safety, capacity building and civic engagement and a steering committee ensures that the process is successfully implemented. Details of the process is described in the framework manual.





Kindness Advent Calendar

With November here, thoughts are turning to the Christmas season and everything that comes with it. Whether you're religious or not, many people today are beginning to look for advent calendar ideas that take a more meaningful approach to the season including a Kindness calendar. Raising people who exhibit kindness and empathy is something we have to intentionally model and discuss. As the saying goes, kindness is "taught, not caught." With that in mind, why not use the advent tradition as a time to focus on kindness and acts of service instead?



Social Connection Research Shows Links to Health

What if there was something in our everyday lives that could decrease the risk of developing and worsening heart disease, anxiety, high blood pressure, dementia and diabetes? That something is called **social connection**.

The Six Pillars to Advance Social Connection
 Office of the U.S. Surgeon General

- 1 Strengthen Social Infrastructure in Local Communities**
 Design the built environment to promote social connection
 Establish and scale community connection programs
 Invest in local institutions that bring people together
- 2 Enact Pro-Connection Public Policies**
 Adopt a "Connection-in-All-Policies" approach
 Advance policies that minimize harm from disconnection
 Establish cross-departmental leadership at all levels of government
- 3 Mobilize the Health Sector**
 Train health care providers
 Assess and support patients
 Expand public health surveillance and interventions
- 4 Reform Digital Environments**
 Require data transparency
 Establish and implement safety standards
 Support development of pro-connection technologies
- 5 Deepen Our Knowledge**
 Develop and coordinate a national research agenda
 Accelerate research funding
 Increase public awareness
- 6 Build a Culture of Connection**
 Cultivate values of kindness, respect, service, and commitment to one another
 Model connection values in positions of leadership and influence
 Expand conversation on social connection in schools, workplaces, and communities

Earlier this year the US Surgeon General published an advisory on our epidemic of loneliness and isolation. Today, the loneliness and isolation epidemic is a major public health concern in North America. As associations improving quality of life for residents, you will find that this research contains significant and important information on why and how to foster social connection. Read the advisory and access shareable tools on this study on the [US Surgeon General's webpage](#).



Your Neighbourhood Liaison
 Michael Hill mhill@victoria.ca

Your Council Liaison
 Marg Gardiner mgardiner@victoria.ca



MAKING IT HAPPEN

Fall Community of Practice Session – Branding your Organization



The Neighbourhood Team is offering another free workshop for neighbourhood associations and community organizations. In this interactive session, we will explore what it takes to create and sustain a great brand. We will ask you to share your current brand and discuss the underlying factors that are necessary to support a successful brand. At the end of the session, you will have a good understanding of branding and

take away some specific ideas for improvements that your association may choose to focus on. Whether it's a "tune up" on your existing brand or you are just starting out, we hope that it will provide you with valuable information. The workshop will be held **Wednesday, November 29 from 4 - 6:30 p.m.** If you have not received an invitation and would like to attend, please reach out to us or email neighbourhoods@victoria.ca.

My Great Neighbourhood Grants to Open Early in 2024

For the first time since its inception, the *My Great Neighbourhood Grant* program closed early with the funds fully expended. The City supported 44 great placemaking projects and community development activities across the city. Among the funded projects were block parties, a cleanup of Clover Point beach, a harvest celebration and more colourful murals. Each one of these projects will make a difference in creating community in city neighbourhoods. Now is the time to start thinking about potential ideas as in 2024, the **grant program will open February 1**, two months earlier than last year. Reach out to me as your neighbourhood liaison to discuss your ideas so we can assist you in shaping a successful application.



Council Meetings

Council has meetings coming up on November 9, 23 and December 14. Committee of the Whole meetings, where Council discusses proposed resolutions at length, are scheduled for November 9, 16, 23 and December 7 and 14.

Looking for more ways to stay in touch? Sign up for our [City e-newsletter](#) for monthly updates on City programs and initiatives. Register with our [Have Your Say Engagement Portal](#) for a monthly notice to participate in surveys and other online engagement opportunities.



Your Neighbourhood Liaison
Michael Hill mhill@victoria.ca

Your Council Liaison
Marg Gardiner mgardiner@victoria.ca

The City of Victoria is located on the homelands of the Songhees and Esquimalt people.