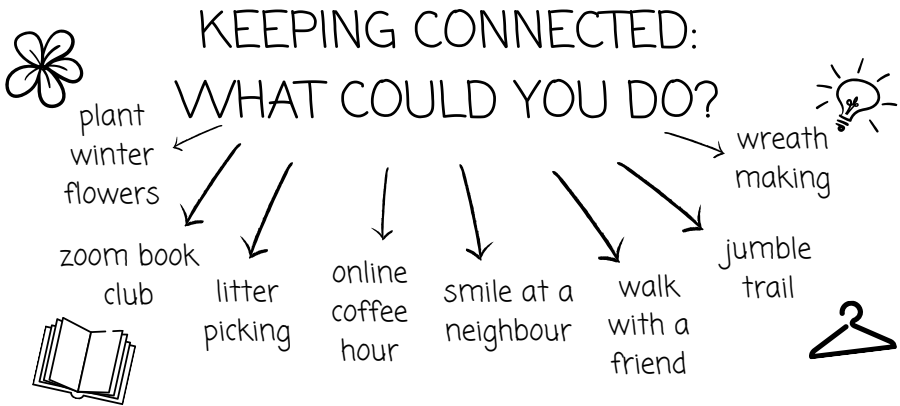


Connecting with people locally has been shown to have a huge impact on our health and wellbeing, and it has been fantastic that communities in Exeter have found so many ways to keep connected throughout the pandemic.

As winter approaches, do you have an idea for keeping up, or creating new connections? Share your ideas, or just say hello to a neighbour, by tearing off the slip below and popping it through their door.



Find out more & print off more slips at communitybuilders.eci.org.uk

Hello Neighbour!

My name is...

I live at...

I thought it'd be really good to see this in our area...

What do you think?

To chat a bit more, you can contact me on...



KEEPING CONNECTED:
WHAT COULD YOU DO?



plant
winter
flowers

zoom book
club



litter
picking

online
coffee
hour

smile at a
neighbour

walk
with a
friend



wreath
making

jumble
trail



Is there something that you do to keep connected in your neighbourhood? Or maybe there's something you could do on your street, or with some friends? These are just a few ideas of what you might be able to do where you live to keep up, or discover new connections.