

'89 Things You Can Do To Build Social Capital In Your Community'*

Social Capital is built through hundreds of little and big actions we take every day

1. Organise a street dinner to welcome a new neighbour
2. Attend the rate payers annual meeting
3. Vote in local government elections
4. Actively support local businesses
5. Volunteer your special skills to a local organisation
6. Start a community garden
7. Surprise a new neighbor by making a favourite dish - and include the recipe
8. Don't gossip
9. Stop and help fix someone's flat tyre
10. Become an organ donor
11. Get to know your children's teachers
12. Attend P & C meetings
13. Volunteer in your child's classroom or offer being a volunteer on a field trip
14. Answer surveys when asked
15. Help coach a local sports group - even if you don't have a child playing
16. Join a carpool
17. Employers: Give employees time (e.g. 3 days per year) to work on a community project
18. Plan a 'Walking Tour' of a local historic area
19. Have family dinners and read to your children
20. Join a local Emergency Services group
21. Gather a group to clean up a local park or nature reserve
22. Turn off the TV and talk with friends or family
23. Provide transport to young people who would not otherwise be able to participate in community activities
24. Bake a cake for work colleagues

* Based on the inspiration of 'Better Together Report' www.bettertogether.org

25. Join a union
26. Use public transportation and start talking with those you regularly see
27. Call or email an old friend
28. Talk to your children or parents about their day
29. Greet strangers you pass in the street
30. Exercise together or take walks with friends or family
31. Assist with or create your town or neighbourhood's newsletter/newspaper
32. Join a book club discussion group
33. Tell friends and family about social capital and why it matters
34. Write regular letters to your children highlighting why you admire them
35. Reduce the amount of television you watch as a family
36. Plan a reunion of family, friends, or those with whom you had a special connection
37. Participate in programs offered at local library
38. Read the local community newspaper thoroughly
39. Pick it up even if you didn't drop it
40. Hire some local young people for odd jobs around your house
41. Start a tradition
42. Send a "thank you" letter to the Editor of a community newspaper about a person or event that helped build community
43. When inspired, write personal notes to friends and neighbours
44. Attend local art exhibition openings
45. Organise a street garage sale
46. Say hi to others in lifts
47. Offer to watch your neighbour's home or apartment while they are away
48. See if your neighbour needs anything when you are going to the local shops
49. Ask to see a friend's family photos
50. Share with neighbours any surplus fruit from your fruit trees
51. Thank shop assistants for excellent service
52. Donate unused household items and books to local schools, annual fairs or charitable groups
53. Invite the neighbours over for a barbecue
54. Organise a monthly picnic with family and/or friends
55. Pen a letter to the local newspaper about an issue, concern or local opportunity

56. Visit and buy at local markets
57. Join a leadership development group in your community
58. Instigate a lunchtime activity or study group at your place of work
59. Offer to mentor a local young person
60. Document your family history / construct your family tree
61. Take time to know and communicate with young people who live in your street
62. Avoid pigeon holing of young people and generalizing about their behaviour, opinions or ideas
63. Donate blood
64. Confide in a young person. Ask their opinion on issues you are struggling with.
65. Work less, play and connect with the community more.
66. Record your parents' stories and recollections, and share with your children
67. Plan and plant street verge trees/shrubbery with neighbours and rotate care for them
68. Ask neighbours for help and reciprocate
69. Register for a hobby class and go
70. Encourage the local school to hold a M.A.D. Day - Make a Difference Day, where students identify and work on a project they believe would make their community a better place
71. Highlight with a letter/article in the local newspaper the positive contribution of young women and men
72. Raise funds for a youth-lead organisation or event
73. Take a daily walk and greet every one you pass
74. Organise a vacation with friends
75. Write letters to community members (especially young people) who contribute to the community or achieve in arts, sports, education or service
76. Give regularly to a local food bank
77. Stand for local council
78. Invite some people without family to join your family for Christmas lunch
79. Volunteer for a School Volunteer Program (www.svp.org.au)
80. Organise a 'Walking School Bus' that encourages young people to walk to school rather than being driven

81. Encourage / support your children to raise funds for a good idea
82. Invite a single diner to join your groups table for a meal
83. Support local organisations engaged in recycling e.g. The Girl Guides recycling of cork (www.guidesaus.org.au)
84. Join a local conservation project related to local bush land or creek / river
85. Nominate a local business for a business awards competition
86. Contribute to suggestion boxes, especially those related to community activities
87. Be a tourist in your own backyard
88. Avoid road rage
89. Think of your own action!