

What About...

# YOU ME US?

Let's Create a Caring North Van!



## Kitchen Table Talks Workbook





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**YOU ME US?**  
Let's Create a Caring North Van!

# Kitchen Table Talks

The City of North Vancouver and the District of North Vancouver want to know what you think about social needs and services in our community!

This workbook will help you host a Kitchen Table Talk with people in your community and share the results so that your voice is a part of this project.

## How do you do this?

### 1 Invite

Invite 4-8 people to join you for up to an hour of discussion.

### 2 Prepare

Bring printed copies of the workbook, so you can talk through the questions and write down everyone's ideas.

### 3 Host

During your Kitchen Table Talk, fill in your responses to the workbook:

- Complete the Sign-in sheet. Include name and email address, as all participants names will be put in the survey draw for a **\$100 gift card!**
- Fill in your responses. Summarize what you discussed as a group and write in the main ideas. It is okay to include differing opinions!

### 4 Submit

**Email** - You can submit your workbook notes through email. Simply type them up and email to [caring@dnv.org](mailto:caring@dnv.org).

**Drop off** - If you would prefer to drop off paper copies, drop them off to either of these locations:

c/o Cristina Rucci, Community Planner  
District of North Vancouver Municipal Hall  
355 West Queens Rd, North Vancouver

c/o Heather Evans, Community Planner  
City of North Vancouver City Hall  
141 West 14th St, North Vancouver



## Hints for Hosting

### Comfortable Space

Find a spot to meet that is comfortable, quiet, and accessible for your guests. Have enough chairs for everyone.

### Give Everyone a Voice

Go around the room, and make sure each person has a chance to share their ideas.

### Speak Personally

Encourage each person to share their own experience, or the experience of family and friends.

### Stay on Topic

There are always people that enjoy going off topic! Bring them back to the conversation and ask how the discussion relates to the questions.

### Capture ideas

As you write down people's ideas, check in with them, and ask if you have captured their idea clearly.

## About North Vancouver Social Plans

The City of North Vancouver and the District of North Vancouver are collaborating to understand the social landscape of our communities and neighbourhoods. Our first phase involves research and engagement, and we want to hear from our community!

- The City of North Vancouver will use the results to update the City's Social Plan for the community with a new Community Well Being Strategy.
- The District of North Vancouver will use this information to inform social policy work and to use as background material for the Official Community Plan review in 2019.



# Sign-In Sheet

Is this Kitchen Table talk initiated by an organization? If so, which one?

Host Name	Email Address	Birth Year (optional)	Gender (optional)	Postal Code
Participant Name	Email Address	Birth Year (optional)	Gender (optional)	Postal Code

## Save the Date!

### Want to give more feedback?

Join us for the Caring Community Deep Dive, a public workshop, on Saturday, June 23 from 1-4pm.

A survey and more events on our website: <https://tinyurl.com/SocialPlans-YouMeUS>



# Workbook Questions

## 1. What makes North Vancouver a caring community?

Tell us about how you feel cared for in your community, or how you care for others.

## 2. What are the issues or challenges people face in your community?

Tell us about what is tough for you in your life right now, or what issues your family and friends are facing.

## 3. Where do you reach out to for support when you need it?

This is what support looks like for me and the people around me.

#### 4. What prevents you from accessing the services that are available in the community?

Tell us about the barriers that keep you or someone you know from reaching out for help when they need it.

#### 5. What is the help you wish was available from community services?

Tell us about what support would make you, or the people around you, feel more cared for.

**Thank you for taking part in the Kitchen Table Talks!**

**Submit your workbook by June 25th**

Email. You can submit your workbook notes through email. Simply type them up and email to [caring@dnv.org](mailto:caring@dnv.org).

**Remember, we just need a summary of the main points!**

Drop off. Prefer to drop off paper copies? Drop them off at either of these locations:

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