



## Neighbourhood Small Grants



**WEST VANCOUVER**  
FOUNDATION

# Land Acknowledgement

I acknowledge that we are situated on the traditional, unceded territory of the Coast Salish People, as represented by the Skwxwú7mesh (Squamish), Tsleil-Waututh, and Musqueam Nations. I pay my respect to their past, present and future generations.





# Foundation Overview

The **West Vancouver Foundation** is a community foundation that was founded in 1979 by a group of West Vancouver residents that wanted to inspire and steward local philanthropy, for local benefit.

The Foundation receives donations from local philanthropists & community members. These donations then provide funding to local charities, through various granting programs, to support initiatives that address community needs. These needs are identified through research, connections and collaborations, in West Vancouver and the North Shore.





# What are Neighbourhood Small Grants

**Grants of up to \$500 for individuals with ideas to help connect and engage residents in their neighbourhood.**

Formed in 1999 by the Vancouver Foundation

Created to combat loneliness and social isolation

Supporting small scale community projects that build community strength and resilience, foster community creativity and wellbeing, and tackle social isolation.

Cooking workshops



Exercise Classes



Emergency Preparedness



Bird Friends Coffee Club



Block Party



## How to Start - Idea

- **Share resources:** community gardens - pollinator, food, plants; park cleanups; care packages to seniors and vulnerable youth; emergency preparedness meeting.
- **Share Meaning:** neighbour gatherings - movie nights, block parties; celebrations (holidays, culturally significant traditions) and heal together (sharing COVID stories).
- **Sharing skills and knowledge:** painting, fitness, beading, weaving, flower arranging, cooking, ukulele lessons, writing groups – publish a book!
- **Be Creative!** Un-birthday parties to give back, mobile movie, kids' concert by kids and for kids, Japanese visible mending, dance party at the park.



Movie Night



Donation Drive

Thank you  
Project  
Leaders!

Your creativity is what makes NSG what it is!



## Other Ideas – Brainstorm with a Neighbour

- Young people interview seniors, share stories
- Teen/senior book club
- How to start a new business course
- Zoom lessons for seniors
- Music connections, making instruments together
- Book club
- Reaching out to those in need in your neighbourhood
- Cooking and dinner parties, cross generational
- Writing support group, can self publish and share in community
- Traffic & safety for seniors
- Yoga for seniors
- Senior picks recipe from history, shares along with their story
- Seniors fitness
- Cross Cultural Quilt - share something from your heritage, culture or traditions (a recipe, story, craft)
- Community mural & gathering



*“NSG kickstarts  
people's  
imagination and  
willingness to start”  
-Project Leader*

**[westvanfoundation.ca/nsg](https://westvanfoundation.ca/nsg) for many more ideas**





## Past Project Leader + Committee Member

Kim







## Kim, Past Project Leader + Committee Member























Beat the heat with our...

# BARBECUE BLOCK PARTY!

Join your neighbours at the bottom of  
 in Friday August 26th @ 5pm.  
Burgers, hot dogs, chips, ice cream and  
refreshments will be provided.

Please RSVP to

Thank you to the Neighbourhood Small  
Grant Program and the West Vancouver  
Foundation for their support



**WEST VANCOUVER  
FOUNDATION**

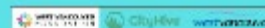
## ART OF VOTING



**SUNDAY 21 AUGUST  
1 - 4 PM**

*MAKE POSTCARDS FOR FRIENDS  
& CHANGE YOUR COMMUNITY!*

West Vancouver















## 2022 Projects

- Westhaven Neighbourhood BBQ
- Wellington Neighbourhood Gathering
- Save the Bay!
- Garden Cooking Classes for Families
- Glam Games Night
- Sea and Sew
- Cedardale Block Party
- Cedar Headband and Bracelet Making Workshops
- Urban Homestead Tour
- Pitt Street Block Party
- IngleHay Community
- Lions Bay Bird Friends Coffee Club
- Halloween Neighbourhood Crawl
- Christmas Gathering
- Salut! Meet and Greet
- Christmas Get Together
- Piccadilly North Halloween Block Party
- The Mermaid Gathering
- Making Cards in the Park
- Art Votes!
- Playing in the Neighbourhood in Spanish
- Coast Salish Leatherwork Crafts
- Lending Library
- Salsa-cise by the Sea
- Pioneers of Lions Bay
- Reforesting the Village
- Butterflyway Project
- Bigger than a Dance Party
- Community Gathering
- Open Air Art
- Growing Seeds for Wildflowers

**33**  
**Projects**





## Past Project Leader

Dani Renouf,  
RD, MSc, CDE

# Cooking In The Garden

Join Dani , Dietitian,  
with your kids to learn  
about:

- Healthy Meal Planning
- Saving Time
- Eating Well
- Zero Kitchen Waste



Wednesday, July 27,  
11am - 1pm

Private Garden  
Residence

This Neighbourhood  
Small Grant project was  
thanks in part to:



[westvanfoundation.ca/nsg](http://westvanfoundation.ca/nsg)

# Recipes

1. Soft Baked Banana Oatmeal Bars
2. Bread, Feta, and Herb Wraps
3. Chickpea Tuna Salad





# Experiences and Testimonials

“My daughter went home and prepared a snack for us, she was so inspired by how easy it is to eat healthy food.”

“Being new to Canada, I was so glad to be part of this event and make new connections, as well as enjoy delicious food made in the garden.”

“Eating in the garden reminded me of my childhood, and it was wonderful to see the kids being so engaged.”



# Why This Grant Matters:



Sharing a Meal



Fostering Cultural Connections



Building Confidence



Spending Time Outside

Inter-Generational Learning

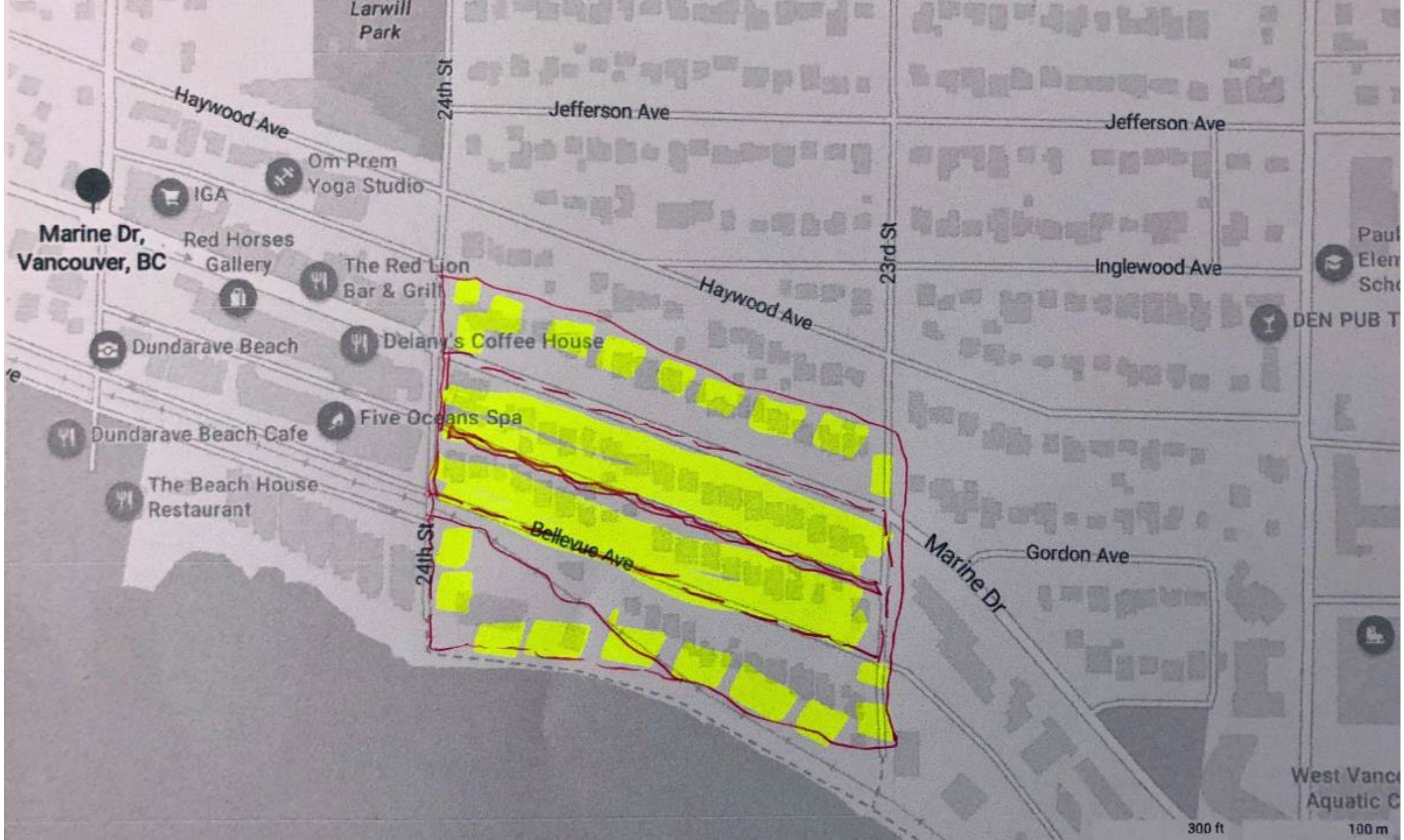




# The Bigger Than Block Party:

Dance Party in the Lane!

**Shahnaz Eslamboli, Dana Mulhern, Freda Pagani**



Marine Dr,  
Vancouver, BC

Larwill  
Park

24th St

Jefferson Ave

Jefferson Ave

Haywood Ave

Om Prem  
Yoga Studio

Red Horses  
Gallery

The Red Lion  
Bar & Grill

Inglewood Ave

Paul  
Elem  
Sch

Dundarave Beach

Delany's Coffee House

Dundarave Beach Cafe

Five Oceans Spa

The Beach House  
Restaurant

24th St

Bellevue Ave

23rd St

Haywood Ave

Marine Dr

Gordon Ave

West Vanc  
Aquatic C

300 ft

100 m





Meet your neighbours at

# The Bigger Than Block Party!

Join us for an afternoon dance party and learn about emergency preparedness.

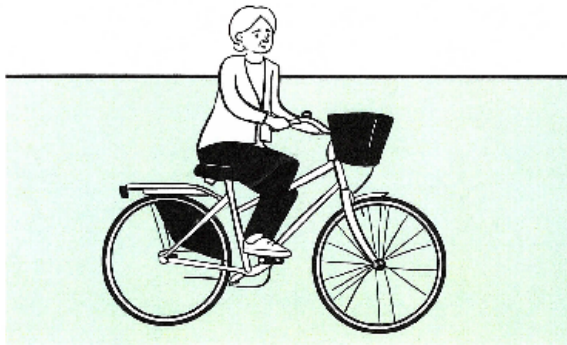


**WHEN:** Saturday, June 18  
from 2 pm to 4 pm

**WHERE:** Driveway

**WHAT TO BRING:** A snack to share and a cup. We will provide coffee, tea, water, and a few chairs, but any extra folding chairs would be welcome.

**RSVP EMAIL:**























## Past Project Leader + Committee Member

Tamara







# What Will the Grant Cover

The typical type of expenses we see are:

- Food/refreshments
- Insurance
- Permits
- Materials, such as art supplies, plants, care package items.
- Decorations
- Entertainment/honorariums
- Promotional costs (posters, social media ads)
- Meeting space





# Eligibility

- **Residents** across BC. Residents of West Vancouver, Lions Bay, Squamish Nation - apply through West Vancouver Foundation. Not available for businesses, groups or organizations.
- Projects that bring the community or neighbourhood together.
- Project must be **free to attend** and participate in. Preferred applications are for projects that are accessible to people with disabilities and inclusive of all people.
- NSG projects may not fundraise for individuals, projects and/or organizations.
- Project leaders may seek donations or gifts in kind from local businesses to support the project.
- If making care packages, food can be distributed ONLY if it's prepared at a 'food safe' kitchen where at least one person has Food Safe training.

***Note: when your project is complete, please send photos, stories, video or receipts.***

*Tall Trees beach  
cleanup & celebration*





## Past Project Leader + Committee Member

Arzoo





A committee of volunteers, who also live in our community, decide which applications will get funding and distributes the funds between those projects. They are called the **Neighbourhood Grant Committee.**

**2022's Committee:**

Arzoo  
Eleanor  
Lorna  
Brittney  
Tamara  
Kim

**2023's Committee:**

Arzoo  
Kim  
Jamshid  
Dorsa  
*Lions Bay?*  
*Squamish Nation?*

*Thank you NSG  
Committee!*



# **Apply by April 30**

**[westvanfoundation.ca/nsg](http://westvanfoundation.ca/nsg)**







# Questions?

[westvanfoundation.ca/nsg](http://westvanfoundation.ca/nsg)





## Thank you 2022 Project Leaders

**Ahmad**

**Alma**

**Charlene**

**Constance**

**Dorsa**

**Fereshteh**

**Frances**

**Freda**

**Grace**

**Jane**

**Janine**

**Kelly**

**Ladan (Dani)**

**Lilian**

**Lisa**

**Margaret**

**Matthew**

**Michael**

**Nancy**

**Penny**

**Siobhan**

**Siyamut Sandra**

**Taisha**

**Takako**

**Tamara**

**Tanja**

**Teresa**

**Toby**

**Therese**

**Val**

**Yuko**

You made a  
difference  
in our  
community!



*Thank you!*



**775 15th Street, West Vancouver, BC V7T 2S9 | 604 925 8153 [WESTVANFOUNDATION.CA](https://www.westvanfoundation.ca)**

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