



GIVING BACK TO THE LANGLEY COMMUNITY

A community services giving-back-guide for BBBSL community-based matches

ANIMALS

- ▶ Do some research about the local wild bird population then **build a bird feeder**. Fill it with seeds and hang in a quiet corner of your backyard or in a safe area in a public park. Be sure to obtain park permission from the city/ town first.
- ▶ **Help out at a local animal or wildlife shelter** such as: Langley Animal Protection Society in Aldergrove (604-857-5055) or Critter Care Wildlife Society in Langley (604-530-2064).
- ▶ **Collect and sort newspapers** to donate to the local shelter.
- ▶ Contact the **local zoo** and volunteer for upcoming events or help around the zoo.

CRIME FIGHTING

- ▶ **Join a community crime prevention program** to help with their crime prevention campaigns and events.
- ▶ Survey your neighbours to find out what people think are leading crime causes in the community. Share the results with all the neighbours and **form a neighbourhood watch program**.
- ▶ Gather information and **create a list of hotlines** for children and adults who might need help. Post these in your neighbourhood, at libraries, recreation centres and on other public bulletin boards (always obtain permission first).
- ▶ **Paint over graffiti** on public buildings. Always contact your local city hall for permission first and request paint supplies (if possible).

ELDERLY

- ▶ Cheer up some lovely ladies and dashing gentlemen by **visiting a nursing home**. Activity ideas: read, discuss local news, play a board game, make a craft or play cards. You are likely going to come out with a new friend!
- ▶ **Rake leaves, shovel snow, clean gutters** or **wash windows** for an elderly neighbour.
- ▶ During bad weather, **visit your senior friends** and make sure they have everything they need (heat, water, food, medicines, etc).
- ▶ Offer to **teach computer and basic internet skills** to elderly at the library, nursing home, bingo hall or in your neighbourhood.

ENVIRONMENT

- ▶ The Township of Langley's **Adopt-A-Program** allows volunteers adopt a street, park, trail/ creek, and conduct a flexible number of cleanups. Two year commitment minimum. Township provides cleaning supplies. For more information contact: 604-532-7339 or adopt@tol.ca.
- ▶ You can **help make Langley more beautiful**: volunteer to clean up trash at a community event, plant flowers in public areas that could use some colour, mow lawns for elderly neighbours who have difficulty doing physically demanding chores, help spruce up a community centre or paint fences and park benches. Always obtain municipal government permission first where required.
- ▶ **Grow fresh flowers** and deliver them to someone to brighten their day (suggestions: hospital, nursing home, shelter, neighbours, family).
- ▶ Collect aluminum cans and other recyclable items from around your neighbourhood and you are on your way to **recycling**. You can donate the money to your favourite charity or use it to buy recycling bins for your household and neighbours.
- ▶ The Langley Environmental Partners is seeking individuals who are interested in **painting yellow fish on community storm drains** to help save the local creeks and streams. Paint supplies will be provided. For more info contact: 604-532-3513 or kgreenwood@tol.ca.
- ▶ Volunteer to **help clean up trash** after a community event or country fair.

HOMELESS

- ▶ Collect items to **make care package for a children** at a homeless shelter. Include underwear, socks, mittens, toothbrushes, etc.
- ▶ **Bake cookies** and deliver them to a homeless shelter or a soup kitchen.
- ▶ Volunteer at the local homeless shelter to help **sort and organize food and item donations**.
- ▶ Bring books to the local shelter and **read to children** there. Leave the books as a present for the children to enjoy after you leave.