

## Supplementary File 2

### *Detailed thematic label list*

#### *RQ 1 (neighborhood change and social networks):*

##### THEME 1: Changes in population composition result in reduced social networks

###### Sub-theme 1.1 There used to be a strong feeling of community

*Example:* “Because my parents were Catholics. And on my street, there was a small printing shop, and this gentleman there looked after the young people in the neighborhood. And I used to help him out. Because he ran the little cinema on Saturdays, so I'd give him a hand and tell the neighbors, “Come on, there's a cinema! ah a cinema, we can come and see.” I used to do that too”.

###### Sub-theme 1.2 But now, newcomers in the neighborhoods have changed social networks

*Example:* “[There were] companies with a lot of Belgians working there, also already (eh eh) Italians, Greeks (eh) the first (eh eh) generation of migrants, or the first, one of the. Um yes, and um Moroccan migrants that only started I think late 80s here (huh)”.

Interviewer: “Yes, so then the neighborhood changed”.

“That it's very bad, the '70s is (eh) yes, Kuregem went a bit in the deeper. I've known it (eh) to seem at its lowest point in the '90s already”.

###### Sub-theme 1.3 And I feel less part of a community

*Example:* “No, because everything dissolves a little. Unfortunately, the p-- the people we knew have passed away. (...) That's a lot and a bit of the drama we're going through now. [But] [uh] the immediate circle of my friends has shrunk because they--they've passed away”.

##### THEME 2: Changes in safety and neighborhood appearance result in not knowing one's environment

###### Sub-theme 2.1 There has been neighborhood decay

*Example:* “But some of them find work and some are placed in restaurants. So that's definitely a positive thing. There are others who, or who do internships. No, there's a bit of everything, but there are fewer, there are more problems. People who don't have a lot of means”.

###### Sub-theme 2.2 And a downturn in safety

*Example:* “Yes negative so. Negative yes anyway. But that has been a moment when I have been assaulted there at 3 o'clock in the afternoon, with the knife at the throat so. That you then feel at night that you would wring a couple's neck. I can understand that people... I know someone who was assaulted and she went to buy pepper spray. That's not good, but I can understand that... We buried somebody yesterday, who's been there all his life paralyzed, (allez), limping through, what that must be like. So, when you come across that, huh. With me, that's passed. But I remember very well that night”.

###### Sub-theme 2.3 Which leads to a disconnect with one's environment

*Example:* “(Ben), it was the ghetto. I'm not part of it because I'm Belgian, so I'm not really accepted by the others. [And] it's okay, yes. He can smile at me, tell me: “[Oh], you like being--you're--you're the best of the good guys!” I don't believe it. I just don't believe it”.

#### *RQ 2 (current informal help):*

### THEME 3: Decreased social networks lead to less informal help

#### Sub-theme 3.1 Bonding opportunities are difficult in the neighborhood

*Example:* “Me, I'm not who-- I like talking, but I have trouble before I get with someone, talking with someone, it has to-- it really hooks in [you know]. I don't really know if it's too much. Now I'm a little less shy, but before, I was very shy, very reserved [you know]. I don't dare, maybe recognize-- I don't dare go up to people all the time. I'm not saying I talk a lot, but once I start, but I find it hard when I don't know them”.

#### Sub-theme 3.2 But there is still informal help that should not be considered volunteering

*Example:* “No, I don't like to-- I'm always calm. Helping in a way to -- yes, helping, but in a way of speaking, you don't notice”.

#### Sub-theme 3.3 And informal help has decreased as well

*Example:* “Yes, but I've -- I don't do migrant aid anymore”.

Interviewer: “Yes. It was more of a- a personal choice you made?”

“Yes. I've- I've. I mean, I said-- I- I don't know how to analyze cases. I- I suppose there are some who are-- With what I had, I-- it's the lack of confidence”.

### THEME 4: Being a long-term resident means helping others

#### Sub-theme 4.1 I feel responsible for my neighbors

*Example:* “Mm-hmm. And there is a man here who also comes to eat. And he can't walk. So as soon as I see him, I just [uh] let him sit down and I collect the food for him, sit with him. So, he calls me my wife. [laughter] And at times, he has a problem with the eyes. So anytime he is coming here, he will bring the medicine, and I- I administer on the eye. And he will come very soon”.

#### Sub-theme 4.2 And as this is a neighborhood with problems, I help others

*Example:* “Of course, because afterwards you notice what a neighborhood it is, with a lot of challenges and a lot of deprivation, and so on, and that there is work to be done there, and that stimulates you to make an extra effort. I think if I had lived in Auderghem or, yes, in a richer part of Brussels, there would have been fewer challenges. Yes”.

### THEME 5: Local community centers are places where neighbors meet and help each other

#### Sub-theme 5.1 I have been coming here and participating in activities

*Example:* “I started doing gymnastics and since there was a restaurant, I can go and eat here. And they're great. The little old people, the big old people and the staff. But I've been here for more than a year, not more than a year and a half. But I come to eat now and then, and I go to the pool with them. I go for walks with them. We go for walks, to pass the time”.

#### Sub-theme 5.2 And I can connect here with others

*Example:* “Practical um, allé, I like doing something for someone huh, that's one thing, and by the fact that you are doing anything for someone you also immediately have a much easier contact and um...”

#### Sub-theme 5.3 And I can help others and ask for help

*Example:* “But I do politics by helping people. There's no one to tell me: “XX, you have to go there because you have to help”, me, I come here to XX, at the beginning all these young people here who arrive for the first time. Now there aren't many, because they don't come much anymore. Because there used to be people who'd come and say “Ooh, he's African...”. Me, I say: “Ah hello, is everything all right?” That's it. But some people say, “Why are you talking to them?” I don't look at it, it's my private life, that's all.”