



HERE TO HELP:

- Practical and social support
- Friendly face and social contact
- Making sure people are safe and well

WE CAN OFFER:

- Befriending visits
- Medical related lifts and the collection of prescriptions
- Small practical tasks such as: DIY, shopping, light gardening, pet walking
- Putting you in touch with organisations that can help if we can't
- Helping people stay independent

PLEASE LET US KNOW IF:

- You would like some local support (no matter how big or small)
- You know someone that might benefit
- You would like to volunteer

GET IN TOUCH:

Email: harroldgoodneighbours@gmail.com
or give us a ring on: 07498 331299.

(The phone is manned by volunteers between 8.30am- 5.00pm on weekdays. Please leave a message outside of these times.)

COVERS HARROLD & SURROUNDING VILLAGES

