

Could you be a Good Neighbour?

We're looking for communities who would like to bring people together by setting up a Good Neighbours Scheme

What are Good Neighbours Schemes?

They match people who can give some time, with people who need some help. Lots of people help each other out already but this is a way of giving casual help more structure so that:

- People who need help don't feel they're bothering their neighbours if they need to ask for help frequently.
- People who don't know each other, or who are new to the area, can be matched up to help or be helped.

Each scheme decides what they want to offer but most lend-a-hand with:

- Lifts
- Collecting shopping or prescriptions
- Small household tasks
- Light gardening jobs
- Looking after pets/dog walking
- Simple IT guidance

What can ACT offer?

- An overview of how Good Neighbours Schemes work for your community group, residents group or Parish Council.
- Guidance on establishing if there's demand for a Good Neighbours Scheme in your area.
- Toolkit, based on national good practice, on how to run a Good Neighbours Scheme.
- Support to get your Scheme up and running.
- Start-up grant to cover initial costs.

- **Get involved with your community**
- **Meet new people**
- **Bring generations together**
- **Value your time and skills**
- **Make friends**

Support and start-up grants available, please contact ACT on
Tel: 01228 817224 or Email: info@cumbriaaction.org.uk

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ACT champions community and rural issues

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