



# DO YOU NEED HELP?

**We are.....** a non-emergency, community-led local charity that enriches the quality of life for vulnerable, lonely or isolated people in the rural areas of Peterborough.

**We support.....**

- **INDEPENDENT LIVING, REDUCED ISOLATION AND LONELINESS**
- **OPPORTUNITIES TO ENHANCE AND GROW COMMUNITY RELATIONS**
- **HELPING TO PREVENT THE NEED FOR SPECIALIST AND COSTLY SERVICES**

**We can.....** offer help to a wide range of people including older and young people, those temporarily in need through illness or recovery, people new to the area, or anyone who may be isolated or lonely in the community

**We Offer.....** befriending (restricted to telephone contact during (COVID), help to get out and about for a coffee or walk in the park, transport in volunteers' cars to medical appointments and social groups, shopping and practical tasks such as DIY and gardening (support is determined by COVID19 restrictions and distancing requirements).

Our committed volunteers act as good neighbours by offering practical and emotional support in a variety of ways at no cost to the client (although donations towards the cost of the service particularly transport costs are welcomed).

We do not offer personal care, legal advice or regular cleaning and the availability of help is always dependent on the availability of our volunteers.

**We do.....** aim to meet as many requests as we can.

**You can.....** contact us directly using the information below. We also accept referrals from family, friends and professionals. A referral form is available on our website. Please contact the Coordinator if you need help with accessing or completing this.

**You may also .....** be interested in volunteering with us? Please give us a call or visit our website to see ways in which you can be a good neighbour.

Good Neighbours Rural-Peterborough. Registered Charity: 1186197

c/o 27 High Street, Market Deeping, Peterborough PE6 8ED

All enquiries to Coordinator: Tel: 07735 810139 or email: [coordinator.gnrp@gmail.com](mailto:coordinator.gnrp@gmail.com)

Website: <https://goodneighboursrp.org.uk/>