

community neighbours

A volunteer project

Why not give some time to an elderly person in your community?

Mission Statement

By offering neighbourly support, we do the small things that make a big difference in helping people to improve their health and quality of life.

By working with committed volunteers, we will help to transform the lives of individuals living in our community, and to the community as a whole.

We provide equal opportunities without regard to race, colour, religion, national origin, sexual preference, age, gender or disability. We share responsibility for protecting people.



Benefits of Volunteering

- Broaden your horizons
- Develop greater skills and opportunities
- Make new friends
- Strengthen your CV
- Develop your local community
- Training
- Sense of achievement

community
neighbours
improving lives



Your Neighbour Needs **You.** Are You a Community Neighbour?

Providing Support

Community Neighbours can offer help and support in many ways:

- Companionship
- Transport
- Accompanied walks
- Help with correspondence
- Dog walking
- Shopping and running small errands
- Supporting people to access social and leisure activities

Elderly people are referred to the project by Adult Social Care. We then link that person with a local volunteer. If you are already supporting someone locally you can both join the project. We do not provide personal care or help with domestic chores.

Making a Difference

Community Neighbours provides a range of opportunities designed to improve quality of life, reduce isolation and loneliness and keep older people independent and active for as long as possible in the communities they helped create.

We believe that keeping active and enjoying life more leads to better physical and mental health. This helps older people deal with problems and keeps them living in their own homes for as long as possible.

Strengthening Communities

- *Communities supporting each other*
All volunteers will need to provide references and agree to Disclosure & Barring Service checks.

For more information contact:

Community Neighbours

Paul Caine

Community Neighbour Coordinator

Tel: 01228 817125

Email: paulca@carlisle.gov.uk