

WHAT IS GOOD NEIGHBOURS?

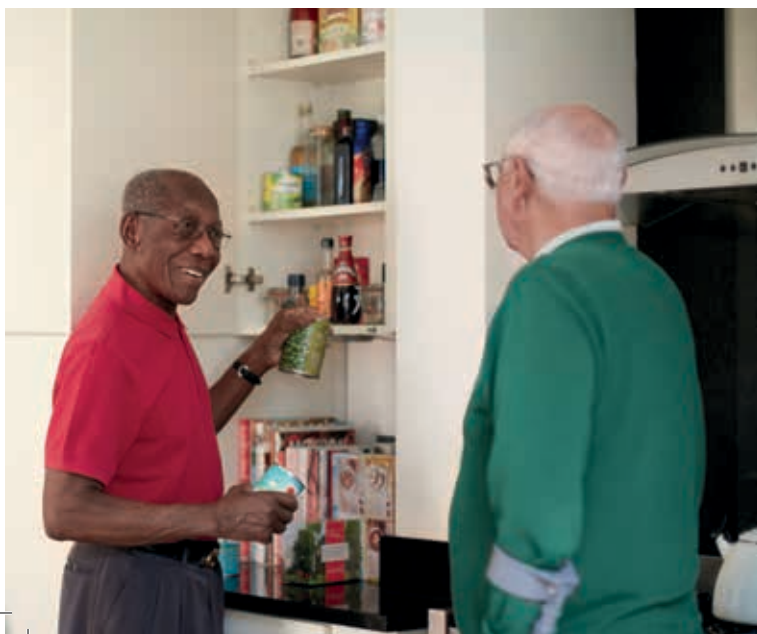
Good Neighbours provides support to older people who are living alone and are socially isolated. We aim to increase independence and social contact, reduce feelings of loneliness and help people to re-engage with their local community.

WHO IS GOOD NEIGHBOURS FOR?

The service is open to individuals who are aged 65 or over, are living alone and who are socially isolated. It is a 12 week service offering once weekly visits of 1 to 2 hours per week from one of our volunteers.

HOW MUCH WILL IT COST?

Good Neighbours is funded by West Sussex County Council and is available free of charge. However, you will need to meet any associated expenses such as phone calls and activity charges where applicable.



GET IN TOUCH

Could our volunteers help you or someone you know? If so, please get in touch with us:

Royal Voluntary Service
Good Neighbours Coastal West Sussex & Crawley to Coast Hubs, covering Adur, Arun, Chichester, Crawley, Horsham and Mid-Sussex.

Telephone us on **01903 257 019**, email us on **gnwsussex@royalvoluntaryservice.org.uk** or visit us at **royalvoluntaryservice.org.uk/volunteering**

For more information, to make a donation or to find out about volunteering, please visit our website or our social media channels:

-  **royalvoluntaryservice.org.uk**
-  **royalvoluntaryservice**
-  **@RoyalVolService**
-  **royalvolservice**

**ROYAL
VOLUNTARY
SERVICE**



Volunteers do not replace carers and are never asked to provide personal care. Royal Voluntary Service is a registered charity 1015988 (England and Wales) & SC038924 (Scotland) and is a limited company registered in England and Wales with company number 2520413. All statistics and data correct at time of publication.

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**ROYAL
VOLUNTARY
SERVICE**

**A CONFIDENCE
BOOST WHEN YOU
need it**

Good Neighbours
WEST SUSSEX



PRACTICAL SUPPORT WHEN YOU NEED IT

Sometimes you might need a little practical help to ensure you don't miss out on things you enjoy. The Good Neighbours service aims to increase social contact and independence, ensuring you stay active and involved in your local community.

Our volunteers are there to give your confidence a boost, by helping you to attend a local club, accompany you on a short walk or to visit the local shops, or meet up with old and new friends.

We are also on hand to put you in touch with other organisations across West Sussex that provide further advice and activities. And, since everyone is different, we can work with you to find support to meet your individual needs.

WITH FRIENDLY HELP, FREELY GIVEN, OUR ROYAL VOLUNTARY SERVICE VOLUNTEERS ENJOY SHARING THEIR TIME TO GIVE SUPPORT AND COMPANIONSHIP.

Our thousands of volunteers are very different kinds of people from many walks of life, but they all agree that volunteering is hugely rewarding. They undergo the proper checks and carry ID so you can be sure they are genuine and trustworthy.



For more information, to make a donation or to find out about volunteering, please email us gnwsussex@royalvoluntaryservice.org.uk, visit us at royalvoluntaryservice.org.uk/volunteering, or call us on 01903 257 019.

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**AFTER MY WIFE DIED,
I SUFFERED FROM
DEPRESSION
AND AGORAPHOBIA.
YOU HELPED ME
BUILD MY
CONFIDENCE**

Tony | Stoke