

Do you want to support people in your neighbourhood who are in need?

Do you have an hour or two spare, or the skills, to help someone in need?

Are you looking to meet people from your local community and try something new?

JOIN OUR GOOD NEIGHBOUR SCHEME

Community Action Norfolk is offering help for residents of Breckland, who want to bring a sense of neighbourliness to their community by setting up a regular, day to day support network known as a Good Neighbour Scheme.

These schemes are run by local people and aim to help those people most in need through practical help with things such as lifts to appointments, shopping, simple DIY, dog walking or just having a cuppa and a chat.

If you could spare even just 30 minutes a week to help a neighbour and help combat social isolation and loneliness – get in touch.

Please contact

Tracey Allan - Community Development Officer
tracey.allan@communityactionnorfolk.org.uk

Or call **01362 698216**



In association with Community Action Norfolk - 'Building a Stronger Fairer Norfolk'

www.communityactionnorfolk.org.uk

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