

**A CONFIDENCE
BOOST WHEN YOU
*need it***



Good Neighbours

WEST SUSSEX

GET IN TOUCH

Could our Good Neighbours service help you? Or could you spare an hour or two a week to be one of our volunteers? If so, please contact your local Royal Voluntary Service team:



For districts of Adur, Arun, Chichester, Crawley, Horsham & Mid Sussex

Royal Voluntary Service
Chesham House
124 South Street
Lancing BN15 8AJ

01903 257019

gnwscoastal@royalvoluntaryservice.org.uk

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](https://www.facebook.com/royalvoluntaryservice)
-  [@RoyalVolService](https://twitter.com/RoyalVolService)
-  [royalvolservice](https://www.instagram.com/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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WHAT IS GOOD NEIGHBOURS?

Good Neighbours provides support to older people who are living alone and 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?

This service is open to individuals over the age of 65 who would benefit from short-term support for up to 12 weeks.

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.

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 club, accompanying you on a short walk or to the local shops, or supporting you to get out and about.

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 AND HELPING OTHERS WITHIN THE COMMUNITY.

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 contact us.

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“After my wife died, I suffered from depression and agoraphobia. Derek helped me build my confidence.”

Tony, Stoke

