

## Starting a Good Neighbours project

A Good Neighbours project is a small but structured group of volunteers who offer to do simple tasks for elderly neighbours or others in need. This might include things such as changing a light bulb, hanging a picture, offering some company, collecting prescriptions, giving someone a lift, help with filling in forms and much more.

Good Neighbours promotes the wellbeing of the residents who benefit from the help they receive, and of the volunteers who gain a sense of purpose and a way of giving something back to the community.

*“I woke up this morning feeling sad but then I remembered the Angels were coming and I began to smile.”*

Example leaflet from the [Community Angels](#) scheme in the Weymouth area.

Is there a group in your area already? Many medical centres have groups of volunteers who help with transport and other tasks. It may be that joining in with that would be the most appropriate way of developing a network of good neighbours.

[Dorset POPP](#) works in the area covered by Dorset County Council and has supported the development of a number of Good Neighbours schemes.

Based in Bournemouth, Help and Care has information on a wide range of schemes supporting people across Dorset: <http://www.helpandcare.org.uk/>

In Wiltshire [Community First](#) may be able to provide support including training in Community Organising.

A really useful handbook that contains advice and draft policies is available on the website of [South Gloucester Council](#).