

### **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 55 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.



### **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 & Worthing**

##### **Royal Voluntary Service**

Covil Annexe  
Rear of Chesham House  
124 South Street  
Lancing BN15 8AJ  
01903 257019  
gnwscoastal@royalvoluntaryservice.org.uk

#### **For districts of Crawley, Horsham & Mid Sussex**

##### **Royal Voluntary Service**

Crawley Centre  
1 Town Barn Road  
West Green  
Crawley RH11 7XG  
01293 228060  
gnwsnorth@royalvoluntaryservice.org.uk

 [@RoyalVolService](https://twitter.com/RoyalVolService)

 [royalvoluntaryservice](https://www.facebook.com/royalvoluntaryservice)

For more information, to make a donation or to find out about volunteering, please visit:

[royalvoluntaryservice.org.uk](https://www.royalvoluntaryservice.org.uk)

# **A confidence boost when you need it**



**ROYAL VOLUNTARY SERVICE**

Volunteers do not replace carers and are never asked to provide personal care.  
Registered charity 1015988 & SC038924



**ROYAL VOLUNTARY SERVICE**

### ***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.

For districts of Adur, Arun, Chichester and Worthing, please call **01903 257019**, or email **[gnwscostal@royalvoluntaryservice.org.uk](mailto:gnwscostal@royalvoluntaryservice.org.uk)**

For districts of Crawley, Horsham and Mid Sussex, please call **01293 228060**, or email **[gnwnorth@royalvoluntaryservice.org.uk](mailto:gnwnorth@royalvoluntaryservice.org.uk)**

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

***Tony, Stoke***

