

Need help?

Good Neighbours is a **local charity** committed to helping older people in need of support, advice and information.

Chat to one of our staff or volunteers and they may be able to give you the information you need or guide you to appropriate help.

Some of the ways in which we can assist you:

- ✓ Friendship, information and advice
- ✓ Accompanied transport to attend medical appointments
- ✓ Links to local services and groups
- ✓ Falls Prevention Classes

We are flexible and aim to offer support in whatever way we can.

Having one of our home-visiting volunteers alongside to listen could make all the difference. Or, it may be that all you need is a gentle voice at the end of the phone.

"Having a volunteer with me was such a great support whilst seeing my hospital consultant"



"Good Neighbours have made such a difference to my life. I feel as if I have made lots of new friends and am no longer lonely"



"Living alone, a visit from a volunteer has helped me enormously"



"I am so glad I found you as I didn't know where to turn since I lost my husband."

All our volunteers and staff are fully trained, supervised and are police checked through the Disclosure & Barring Service.

There are no charges for the majority of our services. However, we do make a small charge when offering transport to cover the cost of petrol expenses.

We rely on donations from organisations and individuals to support our work in the local community.

We look forward to speaking with you soon



Our telephone number is:

01892 510200

For further information or an informal chat,
please contact **Elizabeth** at

Good Neighbours

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Office Hours
Monday to Thursday 10 am — 4.30 pm

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Registered Charity No. 1126344

March 2014



The Good Neighbour Project
is supported by
Kent County Council Adult Services



Support for the older generation

