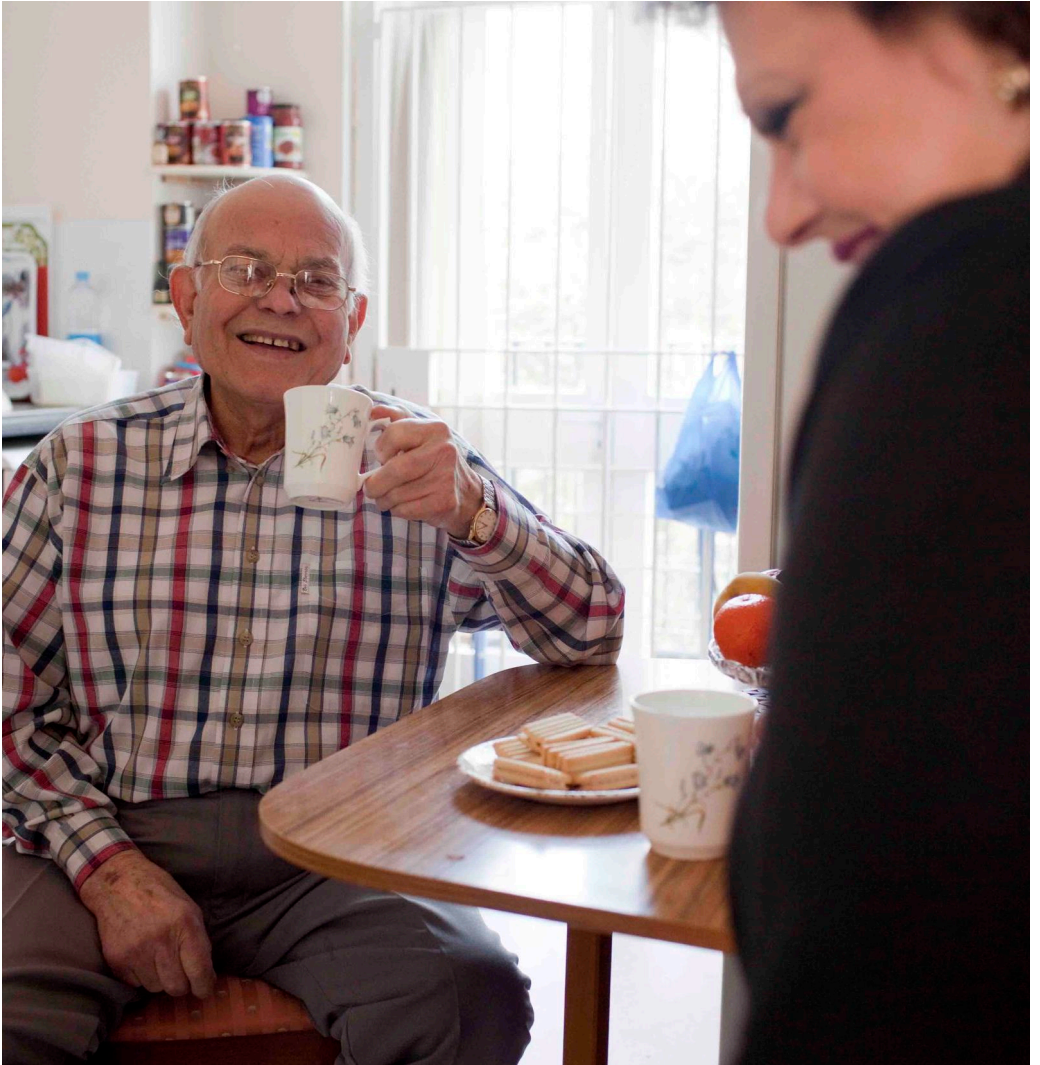


Good Neighbour Scheme How can we help you?



The Good Neighbour Scheme aims to bring peace of mind to our older residents by building on the island's amazing community spirit.

If you can't look next door, look to the Good Neighbour Scheme.

Perhaps you need transport to hospital, or someone to read your meter for you. Maybe you require a regular shopper or visitor. You may need help with a one off task or you may need more regular help. Either way we can hopefully help you.

Our loyal volunteers provide over 36,000 hours of support annually to assist older people over the age of 50 when they have no family or friends to turn to for help in times of genuine need.

Run by islanders for the island, the schemes volunteers' offer a blanket of support throughout our communities.

How can we help you?

The Good Neighbour Scheme has a bank of volunteers who will:

- visit you if you are lonely or isolated
- shop if you need essential food and cannot manage unaided
- provide transport to medical appointments
- take you on an outing if you are otherwise confined indoors
- walk your dog if you are unwell
- help with small tasks within the home
- support those with dementia via our Memory Service
- provide IT or computer support.

There is no charge for the service but people may be asked to contribute to volunteer travel expenses.

“I am 93 years old and live alone. I have really good support from the Good Neighbour Scheme delivered by volunteers I can trust.” Maisie

Good Neighbour Community Hubs operate all over the Isle of Wight, and whilst each area is unique in the support it is able to offer depending on the volunteers’ skills and abilities, all areas will provide help with shopping, transport, companionship and small household tasks.

Could you use a Good Neighbour?

Get in touch: If you would like to enquire further about our Good Neighbour Scheme, please call our helpline on **(01983) 539302** or email **gns@ageukiw.org.uk** for assistance and we will do our best to deal with your request as soon as possible.

Our volunteers can also signpost you to other Age UKIW services as needed, such as Information & Advice, Handyperson Services, Falls Prevention, Dementia Services and many more.

Winter in a Box Service. As well as all of our other work we also run an Extreme Weather Support Service for older island residents who may be at risk in extended periods of extremely cold or hot weather. The effects of extreme weather can lead to serious health risks in the old and vulnerable.

To help combat the effects of extreme weather our volunteers can carry out visits and provide some items free of charge, such as:

- Electric blankets & duvets
- Thermal socks, gloves & hats
- Smoke & CO detectors
- Room thermometers & heaters
- Salt for icy paths
- We can also provide advice and support for keeping cool in very hot weather

There’s also our **Lifeline Project** which will help you to develop the skills needed following a significant life-changing event such as bereavement. We can provide intensive support over six weeks, helping you learn how to do tasks that are completely new to you such as managing your finances and paying your bills, or cooking for yourself.

Could you be a Good Neighbour?

Could you change a lightbulb for an older neighbour? Put their rubbish out? Fetch some shopping? Drive them to the surgery? Your time could make all of the difference to the older community on the Isle of Wight.

We are a Volunteer led scheme. Our Volunteers tell us what they want to do, when they want to do it, how they want to do it and always have the right to say no.

Volunteers gain a real sense of achievement, knowing that they are allowing some older people to retain their independence and remain in their own homes. There's also the chance to make new friends and your intervention helps to reduce feelings of isolation, exclusion and loneliness.

So if you want to volunteer to make a real positive difference to people's lives please contact the Good Neighbour Scheme on **525282**, or email **gns@ageukiw.org.uk**.

Could your community use a team of Good Neighbours?

We are currently working towards having over 30 Good Neighbour Scheme Community Hubs set-up around the Island. However, if you feel that your area could benefit from the scheme please contact us. We can offer 3 months intensive support to get your hub up and running, followed by continual support and contact with our Good Neighbour Scheme Team.

For more information on setting up a Good Neighbour Scheme Hub in your community please contact us on the details below.

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