



# Good Neighbour Scheme Newsletter

*Leicestershire and Rutland*



**September 2017**



## Spotlight on: Befriending

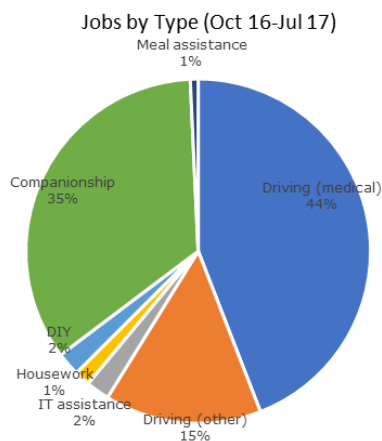
We all know Good Neighbour Schemes can make a huge difference practically for people but it's nice to know that for some, it's more than just a lift here or there. GNS help tackle isolation and loneliness, improving mental and emotional wellbeing which can also have physical benefits.



A good example of this can be found in the district of Charnwood. In

operation since October 2016, the Woodhouse and Woodhouse Eaves Good Neighbour Scheme was created by some keen members of a Patient Participant Group and has helped residents 136 times in its first ten months. Most requests (44%) are for transport. But during the first few months the scheme also received several requests for companionship or befriending (35% to date).

Benefitting from good publicity and collaboration with partners the scheme has seen befriending referrals from the GP and the local Church, but also from local families and neighbours who need some caring support/relief. In many cases of self referral, the support is short term where someone has limited capability as the result of a short illness – someone might be bed bound for a short period



which leads to an increased need for both practical support but also company and social contact. Some people also want more contact during the winter months when depression can set in.

Two volunteers dedicate their time to initial visits where they can assess what help the GNS can provide and help signpost to other local services or activities. For more information visit [www.woodhousegns.org.uk](http://www.woodhousegns.org.uk).

Another approach is being undertaken in Barwell, Hinckley and Bosworth district, by a Patient Participation Group who are launching a befriending service of their own with help from the RCC and Leicester County Council.



## Tackling Fraud!



The RCC and Age UK Leicester Shire & Rutland are working in partnership on a 6-month community outreach project called 'Tackling Fraud', in association with Experian and Outreach Solutions. The campaign aims to inform those people who are most likely to become a victim of fraud, how to spot fraudulent activity and how to prevent themselves from being scammed. It will also advise people who do become victims, how to report it.

The key target audience for the campaign are people aged 55+.

The charities will be providing free training sessions, advice and information to people via groups and through more focussed individual support.

For further information and to request a free visit to your group contact: [info@ruralcc.org.uk](mailto:info@ruralcc.org.uk)

or 0116 266 2905

**Rural Community Council**  
Community House, 133 Loughborough Road, LE4 5LQ

0116 266 2905 [info@ruralcc.org.uk](mailto:info@ruralcc.org.uk)

## Where are the existing Good Neighbour Schemes in Leicestershire and Rutland?



### Leicestershire:

- ♦ Barwell
- ♦ Billesdon
- ♦ Bottesford
- ♦ Croft
- ♦ Desford
- ♦ Sapcote
- ♦ Rothley
- ♦ Sharnford
- ♦ Sheepy
- ♦ Thurgarton and Cropston
- ♦ Whetstone
- ♦ Woodhouse and Woodhouse Eaves

### Rutland:

- ♦ Braunston in Rutland
- ♦ Greetham
- ♦ Ketton
- ♦ Manton
- ♦ Market Overton
- ♦ North Luffenham
- ♦ Uppingham
- ♦ Wing
- ♦ Whissendine



## GNS Network Event



### Would you be interested in meeting with other Good Neighbour Schemes?

After the success of our network meeting this July, the RCC are looking to hold another informal evening at Community House in Leicester to enable schemes to meet with each other and network.

It would give you an opportunity to share advice and information which could help improve the service of your scheme.

If you'd be interested in attending then please send an email to: [info@ruralcc.org.uk](mailto:info@ruralcc.org.uk)

**Please send your reply by: 30th September 2017**

## Good Neighbour Scheme Online Forum

Created by the RCC and launched in 2016, the forum is a free website for existing Good Neighbour Schemes across Leicestershire and Rutland. It enables you to write a post, comment or share useful advice on how to improve your scheme.

It could help you to save money on your annual outgoings as you receive information on best

practice and connect your scheme with local community groups who could help with your services. **The RCC will also post information that may be useful to existing schemes about grants or best practice/tips.**

If you would like to sign up and use the forum, please create an account by going to:

**[www.goodneighbourscheme.boards.net](http://www.goodneighbourscheme.boards.net)**



## Further support from the RCC... Safeguarding

The RCC is here to offer further support to Good Neighbour Schemes even after they are up and running. Not only do we provide a platform for connecting Good Neighbour Schemes with each other (via the Network Events and the Online Forum) but we also can provide training for volunteers around Safeguarding, Confidentiality and Boundaries...

This course would be of most use to those who come into contact with clients at home or at the point when a GNS may want to incorporate formal policies/procedures and an addendum to their constitution around safeguarding.

For further information please contact [info@ruralcc.org.uk](mailto:info@ruralcc.org.uk) or 0116 266 2905

