

How to be a Good Neighbour in Bolton

You can donate your time

Be a good neighbour

- Connect and reach out to your immediate neighbours.
- Swap phone numbers – a conversation may be a lifeline and will help people feel less lonely.
- If there is a neighbourhood social media page you could help them connect with this.
- Encourage others on your street to help.
- Help your neighbour put together a contact list of useful numbers e.g. their personal emergency contacts, local advice lines, etc.
- Practical support such as picking up prescriptions, helping them with online shopping, walking their dog, etc.

Advice and Guidance

- Don't enter people's houses – stay on the doorstep and keep 2 metres apart!
- Be kind and courteous.
- Respect everyone's privacy, helping vulnerable people requires mutual trust e.g. don't share any private information.
- Follow infection control advice and social distancing – with coronavirus (COVID19) the situation is fast evolving so follow the latest advice from trusted sources e.g. Public Health England <http://www.gov.uk/government/organisations/public-health-england>).
- If you feel unwell with symptoms of coronavirus you should self-isolate. Guidance on this is available on the NHS website: <http://www.nhs.uk/conditions/coronavirus-covid19/>.
- Visit our website: www.boltoncvs.org.uk for regular updates.
- Carry a mobile phone and let someone know where you are going.

