



Making a difference to the quality of life in our community

## Our volunteers can help with:

- Getting to medical appointments
- Form filling
- Small tasks around the home and garden
- Befriending/company
- Dog walking or looking after a cat if owner unwell
- Other activities as requested and agreed

**"I have never been let down by my Good Neighbour Volunteer"**

**Telephone 07707850126**



Part of the Suffolk Good Neighbour Network run by Community Action Suffolk