



Hello!

Here's your helpful neighbour pack.



**Looking
out for our
neighbours**

Looking out for our neighbours



Many of us are already doing a great job of looking out for others, but there is still more we could all do to make our communities healthier and happier.

Research shows that it's likely someone living near you is either feeling lonely or needs a helping hand. The big question is: who cares if you don't?

We all want to feel better in the place we live and have the peace of mind good neighbours bring.

Did you know... People who feel connected to their neighbours and local communities are less likely to get ill or visit hospital.

Let's be there for one another...

Whether it's popping to the shops, offering a lift or just saying hello - however big or small the task, everyone can look out for a neighbour nearby.

By doing your bit to support people in your neighbourhood, you'll help to rekindle neighbourly spirit, end social isolation and reduce the risks associated with illnesses such as dementia, heart disease and depression.

" Thank you to my neighbours for collecting my countless parcels! I don't know what I'd do without you and I'll be sorry to move house. "

Someone nearby could need help but not feel comfortable or able to ask for it.



Here are some signs to look out for:

- You see them struggling with day-to-day tasks e.g. hanging out the washing.
- Their usual appearance has changed.
- Their curtains have stayed drawn for a couple of days or their post hasn't been collected in a while. It's probably nothing (they could just be having a lazy weekend) but if you're worried, give them a call or knock on their door to see if they're okay.

If you think someone might need urgent medical attention, NHS 111 can help. Just visit 111.nhs.uk (for people aged 5+ only) or call 111, anytime day or night.

Champion togetherness and improve wellbeing by looking out for your neighbours.



Looking out for... one another

Here are some simple things you can do to look out for your neighbours.



Feel good neighbourhoods

According to mental health charity, Mind, people who are interested in helping others are more likely to be happy themselves. Feeling valued by others around you can also help reduce loneliness and contribute to positive mental health and wellbeing.

A cuppa and a chat

Us Yorkshire folk love a good cuppa and it can be a great way of breaking the ice with someone new. Once you know them better, offering help or asking for it will be much easier!



Lend a helping hand

Helping each other has lots of benefits - in fact, there are loads of things you can do that'll easily fit into your daily routine. You could ask your neighbour if they need anything next time you pop to the shops or offer them a lift if you're heading the same way. In return they might offer to sign for your parcels when you're out or give you advice on local activities (especially if you're new to the area).



Helpful tips

You could look out for your neighbours by...

- Taking letters to the post box.
- Helping someone fill in a form or use the computer.
- Offering a lift to a GP or hospital appointment.
- Taking a book back to the library.
- Chatting over the fence.
- Offering to walk someone's dog.
- Taking someone for a trip to a cafe or local community event.
- Organising a regular get together.



#hello my name is...

A simple 'hello' could be your first step towards getting to know people who live near you.

Just like your first day at work or school, it's not always easy to find something to talk about with someone you don't know. Here are some ideas to get you started...

- Introduce yourself – it sounds obvious but it's something lots of people forget!
- Chat about the weather – come rain or shine, people love to talk about the weather as it's a great way of breaking the ice.
- Events in your area – is there anything going on nearby that your neighbour might be interested in?
- A common interest – do you share a hobby or interest with your neighbour that could spark a conversation?



Stay safe



Looking out for people in your neighbourhood is great, but it's important to stay safe and feel comfortable asking for or receiving help from others.

- Always make sure your neighbour knows who you are before you offer to help them and respect their privacy.
- Never let someone into your house unless you know who they are.

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West Yorkshire and Harrogate
Health and Care Partnership



JO COX
LONELINESS
start a conversation



Have a think...

Tip: Try reflecting on these questions weekly or monthly and see what changes.

- Q1.** Do you have a neighbour who could need your help?
- Q2.** What do you do regularly that you could also do for someone else?
- Q3.** Do you have a neighbour nearby who you'd turn to if you needed help?
- Q4.** Are there any events or activities that you're involved in that you could invite others to?



Looking out for... simple things I can do

Use this planner to keep track of the things you do each week.

Have a think if there's anyone nearby who you could help out when you're doing each task - or someone who could help you.

Examples of things you might need to do this week:

Pop to the Post Office, put the bins out, do the weekly food shop or pick up a prescription.

How could I help my neighbour (or how could they help me) with something I already do on this day?

Day	How could I help my neighbour (or how could they help me) with something I already do on this day?
Mon	
Tue	
Wed	
Thur	
Fri	
Sat	
Sun	



Say hello...

Let your neighbour know you are there for them if they need you! Just cut out the card below, write your message and post through your neighbours door.



Hello Neighbour

I'm here if you need me.



Looking out for our neighbours



Only use this card if you feel safe and comfortable sharing your details with your neighbours.



Cut along the dotted line