



## **Bow and North Tawton Medical Practice Patient Participation Group (PPG)**



Neighbourhood  
Friends

Social action for health and wellbeing

# **needs you!**

### ***What do Neighbourhood Friends do, what can I do?***

- **You can give as much or as little time as you are able to.**
- **We welcome applications from volunteers who can offer short term or ad hoc time commitments**
- **We reimburse all out of pocket expenses for our volunteers.**
- **We offer free training and ongoing support to all of our volunteers.**

**Rapid response friend** If you can only spare half an hour here and there on an ad hoc basis then you could be a Rapid Response Friend – picking up emergency shopping, feeding a pet while an owner is in hospital, checking a smoke alarm or clearing snow from someone’s path.

**Welcome Home Friend** If you have a bit more time to spare then you could be a Welcome Home Friend – helping people on their return home from hospital by doing things such as putting the heating on and collecting essential food items, accompanying them home from hospital and generally making sure they feel settled and safe.

**Wellbeing friend** You could be a Wellbeing Friend – someone who goes in and enables someone to do the things they would like to do – this could include chatting, attending a social or activity group, helping with exercises or providing lifestyle support.

### **How do I become a Neighbourhood Friend?**

**Call the Neighbourhood Friends team on 01392 823690 or email [neighbourhoodfriends@westbankfriends.org](mailto:neighbourhoodfriends@westbankfriends.org)**