



## Rickingham & Botesdale Good Neighbour Scheme

A co-ordinator holds the mobile phone, which anyone can call with a request for help. They will match the request with a suitable volunteer (holding an identity card) who will assist as soon as possible.

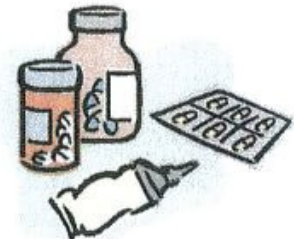
**Mobile: 07751 438534**



If you need help with odd jobs in the home, changing light bulbs or fuses, batteries in smoke alarms, hanging a picture, etc., please call **07751 438534**

Finding it hard to collect your prescriptions, pensions?

Ring the above mobile number and someone will be able to assist.



Shopping can be awkward for some people - most of us go to the shops on a regular basis and would be happy to get another basket if required.

Phone **07751 438534**

If you need help with transport please contact Gordon Lawrence on 01379 897109 (Community transport)

