

# Be an Acle Good Neighbour

It takes many things to make a community but a very important part of what it means to be a community is people looking out for one another and being there to give help and support when it's needed. Being good neighbours, in short.

Neighbourliness is the social glue that bonds communities together. It helps create an environment where people feel safe and secure because they have a genuine connection with one another. However, in the modern world people are increasingly mobile. Residents move away from the places they were brought up in and new people move in to replace them. The result is that it's increasingly difficult to have that genuine connection with one another with the consequence that some people can become isolated and feel increasingly unsafe and insecure.

To help address the issue, **Good Neighbour Schemes** have been successfully set up elsewhere in Norfolk and beyond. While the scope of activities Good Neighbour Schemes can undertake is almost limitless, typically they assist more vulnerable, disabled or frail local residents in simple ways such as by befriending them, helping with domestic tasks like mowing the garden or putting up curtains or changing light bulbs, arranging appointments, helping with shopping, or giving a lift to shops or appointments. The work of each scheme is undertaken by local volunteers guided by a steering committee of local people.

Acle has been identified as a community that may benefit from having a scheme so, to start the ball rolling, Henry Meiklejohn of Norfolk Rural Community Council recently gave a talk about the scheme at the War Memorial Recreation Centre. Afterwards several audience members put themselves forward as prospective volunteers. However, to get a local scheme off the ground more volunteers are needed.

How much of a commitment individual volunteers give is entirely up to them but training is provided and it's a great way to meet new people and make a difference in the community. So if you would like to get involved or would simply like to find out more, please come along to the next meeting on **Thursday, 7<sup>th</sup> November** at 7.30 pm (venue to be confirmed) or contact Henry Meiklejohn at Norfolk RCC (Tel: 01362-698216 or Email [henry@norfolkkrcc.org.uk](mailto:henry@norfolkkrcc.org.uk)).