

When you're part of something different, unique, meaningful...

It gives you a real sense of purpose, pride and belonging.

For us, belonging means everything, and we want to help islanders feel they belong to the communities where they live. Help us to break the silence of loneliness and make a real difference.

Use this form to take the first step in getting to know those around you.



We can all help bring a feeling of belonging to the communities we live in when we look out for each other.

Find out more on our website: www.channelislands.coop/Belonging

Helplines:

Citizen's Advice Guernsey | www.citizensadvice.org.gg | 01481 242266

Mind Guernsey | www.guernseymind.org | 01481 722959

The Samaritans | www.samaritans.org | 01481 715515

Age Concern | www.ageconcernguernsey.org.gg | 01481 240132

Health Connections | www.healthconnections.gg | 01481 707470

We'd love to know how this has helped you, please go to www.channelislands.coop/neighbour with your feedback.



Meet your Neighbour

Sponsored by:



In association with:



Hello neighbour,

My name is.....

I live at..... and I'd like to introduce myself

If you ever need anything, you can call me on:

Or I could help you with:

- Shopping
- Taking in parcels
- Giving you a lift somewhere
- Cooking a meal
- Some company
- Walking your dog

Other suggestions:

.....
.....
.....
.....
.....

Simply fill out this form and post it to your neighbour



facebook.com/cicoop | twitter.com/ci_coop | instagram.com/cicoop

Belonging is everything

www.channelislands.coop/belonging

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Thank you for saying hello,

My name is

I live at

It would be great if you could help me with

To say thank you, perhaps I could help you with

In an emergency, you can call me on

Other comments:

.....
.....
.....
.....

Once you've filled this out, simply cut and drop it back to your neighbour.