

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](http://www.channelislands.coop/belonging)

### Helplines:

Citizen's Advice Jersey | [www.cab.org.je](http://www.cab.org.je) | 01534 724942

Mind Jersey | [www.mindjersey.org](http://www.mindjersey.org) | 0800 735 9404

The Samaritans | [www.samaritans.org](http://www.samaritans.org) | 01534 116123

Age Concern | [www.ageconcern.je](http://www.ageconcern.je) | 0800 735 0345

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The Channel Islands  
**co-operative**  
Society Limited

Belonging is everything

[www.channelislands.coop](http://www.channelislands.coop)

# Meet your Neighbour

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:

- |  |   |
|--|---|
| <input type="checkbox"/> Shopping                    | <input type="checkbox"/> Cooking a meal   |
| <input type="checkbox"/> Taking in parcels           | <input type="checkbox"/> Some company     |
| <input type="checkbox"/> Giving you a lift somewhere | <input type="checkbox"/> Walking your dog |

Other suggestions: .....

.....

.....

Simply fill out this form and post it to your neighbour

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# Meet your Neighbour

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.