

Find out more

If you or someone you know could benefit from the services of a local Good Neighbour Scheme, simply call us on **01993 776277** for further information and to find out about schemes in your area. Or visit Livewell Oxfordshire <https://livewell.oxfordshire.gov.uk> where all Good Neighbour Schemes across the county are listed.

You can also find lots of information about Good Neighbour Schemes and how you can get involved by visiting our website at: www.vlu.org.uk or via the Community Information Network at: www.ageuk.org.uk/oxfordshire.

Get In Touch

Volunteer Link Up

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**Volunteer Link Up works with the
Community Information Network in
partnership with**



Supported by



Good Neighbour Schemes in Oxfordshire

The Community Information Network is a free local information service for older people in Oxfordshire, run by Age UK Oxfordshire (Charity No. 1091529) in partnership with Volunteer Link Up (Charity No. 1133530) and supported by Oxfordshire County Council.



Community
Information
Network



Case Study

Volunteer Link Up has been operating in West Oxfordshire since 1983. We offer services for vulnerable people of any age and ability living in West Oxfordshire.

David* was really struggling with his mental health after having been made redundant. He offered to volunteer as a way of filling his time and to get some new skills. Volunteer Link Up matched him with a person about his own age, who needed companionship and support and encouragement to go out for walks. The arrangement took off. The client's mental health much improved and he had found a friend, but the real transformation was in David. He visibly blossomed – his demeanour became more cheerful, he was chatty and more positive. He rediscovered himself and began to believe that he was of value. He then had the confidence to volunteer as a driver and really enjoyed meeting different people. He eventually got a job as an adult support worker, very different from his previous employment, because he discovered he had a talent for empathy and an ability to get along with people that made them feel safe and valued.

* name has been changed

What is a Good Neighbour Scheme?

Good Neighbour Schemes are **local, voluntary groups** which offer a service in their community to older, vulnerable and isolated people in need of a little **help and support**.

Across Oxfordshire there are **more than 80 Good Neighbour Schemes** offering help in their local community.



How Good Neighbour Schemes could help you

Services offered vary for each Good Neighbour Scheme, but help may include:

Transport

Transport services are for residents who aren't able to drive themselves or if public transport is difficult for you. Volunteer drivers use their own cars to pick you up and take you to appointments, such as at the doctor's surgery, hospital visits and day centres.

Befriending

Befriending services provide company and conversation to people who may feel isolated, lonely or who have difficulty getting out and about. Volunteer befrienders will visit you and give companionship and support. Or if you prefer, they can just talk to you over the phone.

Practical tasks and errands

Many schemes have volunteers that can offer help with basic gardening tasks, such as hedge trimming or grass cutting, as well as small DIY jobs around the home, such as changing a lightbulb or retuning the television. Some volunteers may also be able to help with errands such as collecting prescriptions, shopping, and filling out forms. The support offered is bespoke and tailored to what residents in your community need.