

Anyone for Co Co?



- **Are you...**
- feeling isolated?
- not in such good health as you were?
- unable to get out as you used to?
- wishing you had someone to talk to?
- finding the days rather empty?
- fed up with the same four walls?

If any of these describe the way you've been feeling, Hodnet Compassionate Communities may be able to help.

Thanks to Severn Hospice's community support strategy, Compassionate Communities schemes already exist in several parts of Shropshire and one such group has just been started here in Hodnet and surrounding areas.



Hodnet Compassionate Communities is an initiative run and delivered by volunteers with the aim of combatting social isolation, seeking to help older and frailer members of our community stay in touch with what is going on in their own locality. This could take the form of a weekly visit by one of our volunteers, doing a crossword together or having a chat about something you both enjoy. You might appreciate a bit of help with getting out to the shop together or attending an appointment. All our volunteers are criminal record checked, and receive initial and on-going training and support.



This publicity is being circulated to inform older people - particularly those living alone and potentially feeling cut off from the outside world due to their circumstances - that they can ask about becoming involved with Co Co if they feel this might improve their quality of life. The Co-ordinator would make an initial visit to you at home to discuss your needs and the allocation of a volunteer visitor.

There is no charge, and no pressure will be put on anyone to sign up. It is up to you to make the first move. If you feel Co Co might be of benefit to you, then please have a word with the person who gave you this leaflet, or get in touch with us on **07849 835687**.

Hodnet Compassionate Communities
in conjunction with Hodnet Medical Centre
~ helping you to stay in touch ~