

We can provide you with information and signpost you to organisations and groups that can help and /or provide support.



We work with organisations such as



Contact Details



01604 825883



wellbeing@northantsacre.org.uk



www.northantsacre.org.uk



ruralwellbeingservice



Rural Wellbeing Service
Northamptonshire ACRE,
The Hunsbury Hill Centre
Harksome Hill,
Northampton NN4 9QX

Fieldworker **Dawn Howard** 07720 091343



Northamptonshire ACRE (Action with Communities in Rural England) is a registered charity in the UK. **Charity No. 1080038.**
Company No. 3937576



*Promoting your personal and community wellbeing through our **Good Neighbours** network*



Free help and advice for the over 50's in rural Northamptonshire



A National Lottery project run by Northamptonshire ACRE



Supporting rural communities in the County



Northamptonshire ACRE

Northamptonshire ACRE is a charity that has been working with rural communities in the county for over 50 years.

In many villages in recent years local shops and post offices have shut, bus routes have been slashed, health & other services have been cut, libraries closed and access to information about services and support has been harder to find.

It is often the older residents in the village who have felt the most impact from these changes and it has left many feeling isolated and lonely.

How can we help ?

The Rural Wellbeing Service , funded by the Big Lottery, visits villages in Northamptonshire with an information bus giving **FREE ADVICE and INFORMATION** on a wide range of topics .

Our fieldworkers also visit social groups, lunch clubs and local events. They make home visits for those with mobility problems or the more vulnerable. **(N.B. All our fieldworkers are DBS checked)**.

We also help to provide support and encouragement within the community to set up and run new clubs where needed to bring people together in social settings to help with isolation and loneliness.



WE CAN PROVIDE FREE HELP & ADVICE ON.....

Utility bills, switching suppliers & energy efficiency

Financial matters

Health & Wellbeing concerns

Safety in the Home

Assistive & IT technology

Health support Groups

Social activities in your area

And much more ...

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Come & visit us in our information bus!



For a list of our current bus stops go to:
www.northantsacre.org.uk

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Give us a call and we will be happy to help you over the phone.

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Arrange a personal visit for one of our fieldworkers to come and see you in your own home. Call us to arrange a date and time.

Our Good Neighbours

When the bus is not in your area, we have volunteer Good Neighbours in some villages who are also able to give help & advice.

Do you enjoy talking with people? Are you a good listener? Do you have some spare time? If so, why not call or email us for more information on how **YOU** can become a Good Neighbour too !



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Good Neighbour Schemes



Good Neighbour schemes are established by communities and run by local people to provide day-to-day support for other residents, particularly those more isolated or older residents, who may need help on an occasional or regular basis.

Types of support:

- * **Household tasks such as changing lightbulbs, checking a smoke alarm**
- * **Providing a lift to a surgery, clinic or hospital appointment**
- * **Help with shopping or the garden**
- * **Dog walking or caring for pets**

Interested in finding out more? Please contact our Rural Officer, **Rebecca Breakwell** on **01604 825884** or email:

rebecca.breakwell@northantsacre.org.uk