

# Knock & Check on a neighbour

## Small actions can make a big difference

If you know someone who is vulnerable, give a knock, and say hello. Something as simple as offering to pick up shopping can be a lifeline for those in need.

We need your help to ensure that no one is left feeling isolated or in need this winter.

## Help us spread the word about support services on offer in our district

The Home, But Not Alone service provides urgent assistance with getting food or medication for those classed as extremely clinically vulnerable. Call freephone **0800 876 6926**, Monday to Friday, from 9am to 5pm.

Help is at hand from the Suffolk Support and Advice Service for anyone facing financial difficulties. The service provides free confidential advice on a range of issues, from Covid concerns to rent arrears or credit card debt. Call freephone **0800 068 3131**.

The Rural Coffee Caravan's Warm Homes Scheme offers free and friendly energy advice.

Visit: [www.ruralcoffeecaravan.org.uk/warm-homes](http://www.ruralcoffeecaravan.org.uk/warm-homes) or call Diana on **07494 572153** or Annette on **07957 779623**.

If you are concerned about the mental health or wellbeing of a young person, aged 25 and under, contact the Children & Young People's Emotional Wellbeing Hub on **0345 600 2090**, Monday to Friday, from 8am to 7:30pm.

Visit: [www.suffolk.gov.uk/children-families-and-learning/](http://www.suffolk.gov.uk/children-families-and-learning/)

First Responders **0808 196 3646** (8am to 8pm, 7 days a week).

Kooth also offers free and anonymous online support and counselling, including a web chat service, for young people.

Visit: [www.kooth.com](http://www.kooth.com) for more information.

If you are struggling to cope and need immediate help, The Samaritans is a 24/7 text service, free on all major mobile networks, for anyone in crisis anytime, anywhere. **Text 116 123**.

## What else can I do to help?

- Volunteer for one of the many fantastic voluntary organisations in Suffolk
- Pop a note through your neighbour's door with your contact details in case of an emergency
- Bake a cake or make up an extra plate of food for your neighbour
- Pass on magazines or books
- Knock on the door to show a familiar face
- Find your good neighbour network at: [SuffolkGoodNeighbours.co.uk](http://SuffolkGoodNeighbours.co.uk).



**Knock  
Knock**

**Stay well,  
stay warm,**

**stay connected this winter**



**Two's  
There?**

