

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



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

Our contact details are:



01604 825883 / 07808 330549



wellbeing@northantsacre.org.uk



www.northantsacre.org.uk



Ruralwellbeingservice



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



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



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

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 nearly 30 years.

In that time we have seen many changes in villages. Some have been beneficial but not all. Local shops and post offices have shut, bus routes have been slashed, fewer local health services, libraries closed and families fragmented as they move away.

It's often the older residents in the village who have felt the most impact from these changes and it has left many feeling isolated, without access to the services they require.

How we can help

We have received funding from the National Lottery to provide a Wellbeing Service for older people living in rural Northamptonshire.

We offer you **FREE** advice and support on a wide range of topics to help you make an informed choice about the services you would like.

Our fieldworker and Good Neighbours can also arrange for those services to be delivered.

Call us on **01604 825883** to find out more or visit the bus!

Our Information Bus

Look out for our Information Bus (below), which is currently visiting villages in your area.



Why not come along to the bus and meet **Linda**, our fieldworker, who can offer...

FREE friendly help & advice on:

Health & wellbeing Transport issues

Energy efficiency Financial matters

Social activities in your area

Home improvements & security

And much more....

Missed the bus ? Give us a call on

01604 825883 or 07808 330549

Email us at :

wellbeing@northantsacre.org.uk

www.northantsacre.org.uk/ruralwellbeing

For a full list of current bus stops

Our Good Neighbours

When the bus is not in your area, our Good Neighbours are able to continue the support.

Good Neighbours are local volunteers who know your village and community .

They also provide advice and information, and they can let you know about any activities, clubs and social events in the area that might be of interest to you.

All our Good Neighbours are friendly, helpful volunteers who are always ready to listen to you.

Call us on **01604 825883** to find out who your nearest Good Neighbour is.

Interested in becoming a



Good Neighbour ?

Do you enjoy talking with people? Are you a good listener ? Do you like helping people? Do you have some spare time ?

If so, why not call us on **01604 825883** for more information or to receive a Good Neighbour pack.