



## **Being a Good Neighbour**

Do you know your neighbours? Are you aware of neighbours that may need some support during this period of COVID—19 pandemic?

We have put together some guidance to help both you and your neighbour to connect with each other safely and be mindful of the importance of being aware of social distancing and self-isolating.

Current guidelines are encouraging us all to social distance ourselves and limit contact with people to stop the spread of COVID-19. However, you can still keep in touch with your neighbours by phone, email and social media e.g. a quick call to check in with them or a kind word on Facebook/Instagram can make all the difference. Just remember that face to face contact is not advisable.

Never put yourself or your neighbour at risk. To keep yourself and other safe, we ask that you be mindful of the following points:

### **Staying well, and minimising risk of COVID19**

Most importantly when you are helping someone you must look after your own health and wellbeing as well as that of the person you are helping. For the most up to date information and guidance please follow the NHS Guidelines: <https://www.nhsinform.scot/illnesses-and-conditions/infections-and-poisoning/coronavirus-covid-19>

### **Getting to know your neighbour**

If you don't know your neighbours, now may be the time to change that. Pop a note or card through their door and introduce yourself. (wash your hands first with hot water and soap and clean the area where you will write the note). If you can, do this with another neighbour as people may feel more confident to ask for help from more than just one individual. If you can, give contact number/s. It's better to do this now, before they or you may need support.

## **Maintaining boundaries and personal safety**

Please do not let others into your home or attempt to enter the home of a neighbour. This minimises the risk of the spread of COVID19, and satisfies current guidance on 'social distancing', as well as minimising other risks for neighbours who are supporting each other.

Please do not post personal information, your own or others, on social media platforms or other public areas. Please discourage your neighbour from putting something in the window that will draw attention to their vulnerability.

If you can, pair up with another known neighbour who is well and not self-isolating, to help out together. This will minimise some risk as well as offering you both some company and a listening ear.

If you feel a neighbour needs more than you can give, or is asking more than you are willing or able to do, it is ok to kindly say no. There are services available for those whose needs can't be met with the help available from their neighbours. Please see the end of this sheet for more information on others who can provide support.

### **If you are concerned about any of your neighbours, then:**

If the crisis is life threatening, call 999.

If you are worried about someone who is ill, call NHS 24 on 111.

If someone needs urgent social care or you think an adult or child needs protection call Social Care Direct on 0131 200 2324.

### **Being kind and being a good neighbour will make a real difference!**

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