

## CONTACT FORM

Please complete the details below if you would like to be part of the "Good Neighbouring Scheme" and return to Shirley Holland (*contact details on back*).

Name

Address

Telephone Number

Email (*if you have one*)

**I would like to benefit from the good neighbouring scheme**

***I am interested in:***

Someone to help me with Shopping / errands / prescription collection

Being taken to activities/events in and around Mayfield & Five Ashes

Having a visitor on a regular basis

Going out on occasional outings

Having help to fill in forms (non-legal) and writing letters

Other (*please specify*)

**I would like to help with the good neighbouring scheme**

## CONTACT INFORMATION

### Shirley Holland

#### OFFICE HOURS

The Old Library

**Mondays 9am to 4pm**

Just to the right of the main entrance to Mayfield Memorial Hall on Mondays. If the sign is outside, I am there.

#### CONTACT DETAILS

Telephone: 07908 516 875

Email: [manager@mayfacs.org.uk](mailto:manager@mayfacs.org.uk)

or by letter to me via The Shopping Basket, Station Road, Mayfield

**MAYFACS is grateful to the following for their support.**

Age Concern, Mayfield,  
Mayfield & Five Ashes Parish Council  
The Dr John Hall Memorial Fund (incorporating the Dr Alan Mathams Memorial Fund),  
The Mayfield Trust,  
The Dorothy Wharton Trust,  
The Wellbeing Trust  
Logo design: Evangeline Morson



Action in Rural Sussex



# MAYFACS

## Mayfield & Five Ashes Community Services

Charity No. 1166647

# Good Neighbouring Scheme



# MAYFACS OBJECTIVES

*"To promote community based services and support for people living in the parish of Mayfield and Five Ashes and its surrounding area, to assist in combating loneliness and isolation and to promote general health improvements and sustain quality of life."*

Interesting facts about residents of Mayfield & Five Ashes from the 2011 census...

$\frac{1}{4}$  are 65 or over

$\frac{1}{3}$  live alone

Loneliness can affect people of all ages, not just the elderly and one solution does not fit all.

We have many organisations and activities on offer in the two villages run by dedicated volunteers. However, not everyone feels able to join in.

## Do any of these comments apply to you?

*I don't like to go out in the evening*

*I have mobility problems so I don't get out very much.*

*I would love a bit of company. It gets lonely being by myself.*

*I've no transport*

*I'd like to go, but I have no one to go with and I'm not keen to go by myself*

*My family live a long way away and I don't have many visitors.*

*I don't go out unless it's to the Drs. or hospital*

If you would like to benefit from the good neighbouring scheme, fill out the form on the back and get it back to us (*details of how overleaf*). We will then arrange to visit you, have a chat about what you would like and sort out a MAYFACS volunteer, who will get in touch with you. You then sort out all the nitty gritty between yourselves.

If you think a neighbour would benefit from the good neighbouring scheme, please tell them about it and give them a leaflet.

If you would like to become a "good neighbour", please complete the form overleaf and return to Shirley Holland or email me (*details on back*).

### **The small print**

*All people who help with the good neighbouring scheme have been checked with the government disclosure and barring agency and have completed relevant MAYFACS forms. They have agreed to adhere to the MAYFACS confidentiality policy.*

**Data protection** *any information you give us may be computerised to help with searches and record-keeping. All your information, whether on paper or as computer data, will be kept secure and used only for MAYFACS. It will not be shared with any other person or organisation. You can ask to see the records we have linked to your name at any time.*