

WALFORD COMMUNITY SUPPORT SCHEME

**Prevention is better than cure
A stitch in time saves nine
Care closer to home**

These are all expressions with which we are familiar, but how often do we think about them in relation to our friends and neighbours around us?

There is plenty of evidence that early intervention can alleviate many of the problems which face us all from time to time, but so often in our busy lives we walk on by and don't recognise the early signs of people in need.

The bereaved relative suddenly facing loneliness, the family deprived of their Mum who has had to go into hospital, the normally able person who, for some reason, cannot get into town to shop, the simple task which is proving difficult for someone. There are many different reasons where a simple helping hand or even just thoughtful intervention can make a difference.

So at Walford Parish Council, with fantastic grant support from the Wellbeing Innovation Fund, we have set up The Walford Community Support Scheme. Staffed by a paid coordinator and delivered by a team of volunteers, we are now in a position to receive requests for help.

Anybody who lives in the Parish who feels in need or is aware of someone in need can make an approach and seek help from us.

Explanatory leaflets are available in public places and there are cards to keep in your wallet so that if you live away from this area you will know who to call if, after perhaps a telephone call, you are uneasy about the wellbeing of your loved one who lives here.

We have a good team of volunteers but can never have too many, so, if you are motivated to help us, please make contact and join the list. The duties will not be onerous but just one stitch, put in by you, may save the eight which may have had to follow.

Not only will you have provided help to those in need but you will also feel the sense of personal reward which goes with it. And, of course, you will feel safer in the knowledge that if ever you are in need there will be a powerful help network around you.

For more information email Councillor Sophie Hurley on: sophie.hurley@walford-pc.org.uk

To access the service please call Sarah Hayes on: 07493 171430 **or e mail:**