

Compassionate Neighbours in North London

Compassionate Neighbours is a community-led scheme enabling and supporting people to be actively compassionate in their communities. Since the scheme began in North London in 2017, hundreds of local people have been trained as Compassionate Neighbours, offering their support and compassion across Barnet, Enfield and Haringey.

North London Hospice exists to enable the best of life, at the end of life, for everyone. We provide palliative care and support, when and where people need it most.



How do Compassionate Neighbours support their local community?

Compassionate Neighbours provides social and emotional support – and improves physical and mental wellbeing – to people living with life-limiting illness who are feeling lonely or isolated, which is sadly all too common.



Would you like to be supported by a Compassionate Neighbour?

Compassionate Neighbours combats loneliness and isolation by:

- visiting or phoning regularly
- developing natural, mutual friendships
- sharing activities
- helping people stay connected to the community as well as to family and friends

It's free of charge and you can try it out, with no obligation. Connection is not time-limited – it goes on for as long as both sides want it, just like a typical friendship.



How does Compassionate Neighbours help?

- “It gives you an amazing feeling of being able to help someone in your neighbourhood
- “It is lovely to have someone to chat to about anything and everything with no judgement being made.”
- “She connects me with the outside world and stops me feeling lonely and cut off.”



How may I be introduced to a Compassionate Neighbour?

You may be referred by someone who knows you, such as:

- a health or social care professional
- a social prescriber/link worker
- a voluntary, faith or statutory organisation worker

Once we receive the referral*, we will be in touch to make sure we have a clear understanding of your wants and needs in order to match you with someone local to you who shares your interests.



How do we keep people in the community safe?

The programme is managed by North London Hospice. Compassionate Neighbours are DBS (Disclosure and Barring Service) and reference checked, so you don't have to worry. We also encourage Compassionate Neighbours to develop a sense of community through regular development sessions, coffee meet-ups, WhatsApp groups and further training, so their experience as a Compassionate Neighbour continues to enhance their lives, as well as those of the people they support.



To talk to someone about the programme

Please email cn@northlondonhospice.co.uk or call 020 8343 6805

*The Guide for Referrers, and referral form, may be found at:
www.northlondonhospice.org/work-for-us/compassionate-neighbours/

