



GOOD SUPPORT FOR OUR NEIGHBOURS

We are all finding new ways to show support to our friends, family and neighbours. Support comes in all shapes and sizes, including those small things we do out of kindness. These small acts help to keep us and our communities well during times of crisis and beyond, but often they don't get the recognition they deserve.

We want to celebrate all the different ways to be a good neighbour, to show kindness and offer support to each other. Here are just some of the ways people are telling us they do this:

- Shopping for essentials like food and prescriptions.
- Phoning for a chat to check-in and raise spirits.
- Gentle reminders to keep eating, drinking, and taking medicine.
- Dropping off helpful information and leaflets.
- Printing off information because you know someone who doesn't have internet.
- Helping people stay connected by talking them through using Zoom, FaceTime etc.
- Sharing your language skills to translate and interpret information for local groups.
- Encouraging people to stay busy by dropping off books, films, games.
- Arranging a time to have a chat with your neighbour from your doorstep or over the garden fence.
- Thinking about who you've not seen in a few days and taking the time to give them a call.
- Helping out with physical tasks like dog walking, taking the bins out, mowing the lawn.

**WHAT WAYS DO YOU SHOW GOOD SUPPORT?
LET US KNOW AT ADMIN@OTBDS.ORG**

We have more information and resources that you might find helpful. You can get these at otbds.org/projects/committed-to-good-support



Committed to Good Support is funded by the Scottish Government's Supporting Communities Fund.