



Prama LIFE
Age Friendly Communities



EAST DORSET GOOD NEIGHBOURS

WE'RE HERE TO HELP!

WE ARE DBS CHECKED VOLUNTEERS WHO CAN HELP PEOPLE WITH SMALL ONE-OFF TASKS THEY CAN NO LONGER MANAGE THEMSELVES.

TO NAME A FEW...

- CHANGING A LIGHTBULB
- POSTING A LETTER
- FILLING IN A FORM
- TAKING RUBBISH TO THE TIP
- A SMALL SEWING JOB
- WALKING THE DOG
- RE-TUNING THE TV



Get in touch: 01202 804003 or
goodneighbours@prama.org.uk

Monday to Friday 9:00 - 4:30