



Compassionate Neighbours



Are you a kind and compassionate person?

Are you a good listener who enjoys a chat?

If you can answer 'yes' to both these questions, then you have what it takes to be a Compassionate Neighbour.



You can brighten someone's day

All it takes is one or two hours a week to lend a listening ear and offer your friendship and support.



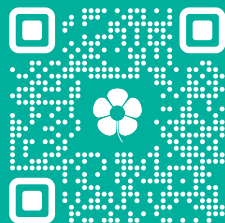
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Become a Compassionate Neighbour and make a real difference in your community.

At Heart of Kent Hospice we provide engaging, informal training which will help you to feel confident in your role. It's also an opportunity to meet other like-minded people who are starting the same journey to become a Compassionate Neighbour.



Once your training is complete, you will be thoughtfully matched with someone who shares your interests and who could benefit from your companionship.

You can then decide how best to get to know each other and how to build your friendship together at a pace that suits you both.



"I gain just as much as I offer. We're not all saints. We don't do it just for other people. We do it because we want to feel good too." -Ann, Compassionate Neighbour