



Let's build a Compassionate Community here in Market Harborough!

Support and compassion can positively impact the lives of so many in our community, particularly during periods of crisis and loss. In partnership with Market Harborough and the Bowdens Charity, LOROS Hospice would like to build a network of Compassionate Friends and Neighbours in Market Harborough, ensuring everyone in the community has access to support.



LOROS

Hospice Care for Leicester, Leicestershire & Rutland

loros.co.uk/compassionatecommunities

Registered Charity No: 506120

Being there for you
and your family

How you can make a difference



A Compassionate Friend is a member of the community who has made a pledge to consciously provide support to others in their local area.

All you need to do to be a Compassionate Friend is attend one of our Compassionate Friend Awareness Sessions and make a pledge, stating how you will use your skills.

If you are interested in attending one of our sessions, or are a community group that would be interesting in hosting a session, please get in touch.

- ☀️ Being friendly
- ☀️ Sensitive conversations
- ☀️ A listening ear
- ☀️ Signposting to other support



Compassionate Neighbours are trained volunteers who provide support to patients and their families in the local area for a few hours each week.

They provide simple but valuable emotional and practical support for patients, their carers and loved ones, with activities such as keeping a patient company whilst their carer takes a break, chatting over lunch in a local café, or perhaps just having a phone call.

We offer full training and ongoing support for our Compassionate Neighbours. If you have three - four hours a week to spare, we'd love to hear from you.

- ☀️ Visiting at home
- ☀️ Carer respite
- ☀️ Practical support
- ☀️ Companionship
- ☀️ Regular phone calls

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