



St Joseph's  
Hospice

# Compassionate Neighbours

Compassionate Neighbours is an award-winning social movement. It is a network of trained local people who offer support to their local community. The project began at St Joseph's in 2014 and today is supporting hundreds of people across ten hospices in London, Essex and Hertfordshire.

Compassionate Neighbours supports people in Hackney and Tower Hamlets who are living with chronic life-limiting illness and those that are feeling isolated from their local community. They provide emotional and social support and develop natural, mutual friendships.

The Compassionate Neighbours are valued by those who are involved in the project. One of our Compassionate Neighbours recently told us "Compassionate Neighbours changes people's lives. Long may the project continue to grow, its roots dig deep and become the lifeline it is for all. You cannot put monetary value on this project. If I had to, I would say there is not enough money in the world, it is priceless."

You can be matched to a Compassionate Neighbour on a one-to-one basis or attend one of our local social hubs where you can meet other people from your local community. Your Compassionate Neighbour will visit or meet with you for at least one hour a week.

## Compassionate Neighbours support their community by:

- Visiting regularly
- Offering friendship and a listening ear
- Telephone support
- Supporting you to do the things you like and enjoy
- Supporting you to stay connected to your community, family and friends.

Compassionate Neighbours are DBS (Disclosure and Barring Service) and reference checked so you don't have to worry. We encourage our Compassionate Neighbours to develop a sense of community through regular monthly development sessions, coffee meet ups, WhatsApp groups and further training so that their experience as a Compassionate Neighbour enhances their life as well as the people they support.

### How can I be supported by a Compassionate Neighbour?

You can be referred by:

- A healthcare professional
- Family or friend
- Or self-referral.

**For more information about the project or to speak to one of the team please call 020 8525 6058 or email [cn@stjh.org.uk](mailto:cn@stjh.org.uk)**

Founded in 1905 by the Sisters of Charity, St Joseph's Hospice is one of the oldest and largest hospices in the UK, supporting a population of around 2.1 million people in our core boroughs of City and Hackney, Tower Hamlets, Newham and the surrounding areas.

We are dedicated to providing free of charge, high quality, specialist palliative care and support to people in our community nearing the end of their lives. We take a holistic approach to care, looking after the well-being of the whole person, as well as supporting their loved ones.

#### **Our range of services includes:**

- Inpatient care
- Palliative care at home
- Community and day services
- Therapies
- Counselling and advice

**For 24 hour advice and support call First Contact on 0300 30 30 400.**

St Joseph's Hospice is committed to celebrating and promoting diversity and inclusion. If English is not your first language, please let us know so that we can arrange an interpreter.

All of our leaflets are available in multiple languages on our website [stjh.org.uk](http://stjh.org.uk)

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020 8525 6000 [stjh.org.uk](http://stjh.org.uk)**

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Tell us how we are doing - leave your feedback at [iwantgreatcare.org](http://iwantgreatcare.org)