



# CO-OP STREETS

## Bringing good neighbours together

We don't speak to each other anymore, and isolation is growing, but it's not too late to do something about it.

**Did you know that  
the UK is Europe's  
loneliest country?**

5K/08/15

If everyone spoke to just one neighbour, we'd have a closer and more caring community.

So why not introduce yourself to someone in your neighbourhood? You can use our introduction below to help you on your way.

*Hello Neighbour...*

**Chelmsford Star -  
the Co-operative**  
at the heart of Essex

My/our name is .....

And I/we live at ..... and we thought we'd introduce ourselves.

You can contact me in an emergency on: .....

Perhaps we can help you with:

- |  |   |  |
|--|---|--|
| <input type="checkbox"/> Taking in parcels | <input type="checkbox"/> Popping to the shops       | <input type="checkbox"/> Feeding pets              |
| <input type="checkbox"/> Walking the dog   | <input type="checkbox"/> Returning books to library | <input type="checkbox"/> Picking up a prescription |
| <input type="checkbox"/> Cutting the grass | <input type="checkbox"/> Watering your plants       | Technical advice                                   |

Or even ..... Just let us know!

Other comments: .....

.....

Now pop this **whole leaflet** through your neighbour's door to introduce yourself. Neighbour... **please complete the reverse** to return the gesture.

*Hello Neighbour...*

**Thank you for your introduction.**

**Chelmsford Star -  
the Co-operative**  
at the heart of Essex

My/our name is .....

And I/we live at .....

I would love to take you up on your offer of help, as I need assistance with;

.....

In return, perhaps I can help you with: .....

In an emergency you can contact me on: .....

Other comments: .....

.....

.....

Once completed, simply **cut below** and **post this top half** back through your neighbours door.

Registered Office: 220 Moulsham Street, Chelmsford, Essex CM2 0LS • e: [info@chelmsfordstar.coop](mailto:info@chelmsfordstar.coop) • [www.chelmsfordstar.coop](http://www.chelmsfordstar.coop)



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STREETS**

## How lonely is your neighbourhood?

- **1 in 7 co-op members** are lonely
- **Half of over 65's** say that TV and pets are their main form of company
- **A third of 25-35 year olds** feel they don't belong in the neighbourhood
- **29% of households in the UK** have only one person in them

**If our introduction makes a positive difference to you, please let us know at:**

[community@chelmsfordstar.coop](mailto:community@chelmsfordstar.coop)

5K/08/15

**So smile, wave and keep in touch...**  
because together we can make a difference!