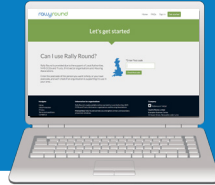# rally round

**It's easy to get started...**

**1** Create a support network for yourself or someone who needs help at **www.rallyroundme.com/wlcvs**

**2** Invite friends and family to join your support network and help out…

**3** Everyone adds tasks that need doing…

- [ ] Housework
- [x] Gardening
- [ ] Shopping
- [x] Dog walking
- [x] Grass cutting
- [ ] Bills & Finance

**4** Network members volunteer to help with tasks…

Or if you would like some help to get started; Contact West Lancs CVS on 01695 733737 carers@wlcvs.org

**NHS**
West Lancashire
Clinical Commissioning Group

West Lancashire Council for Voluntary Service

**www.rallyroundme.com/wlcvs**

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# rally round

## Helping you or someone you care for to live a better life

**FREE online support network for you, or someone you care about**

**www.rallyroundme.com/wlcvs**

# rally round

## Why Rally Round?

We all need help and support at some point. Doing the shopping, tidying the garden, changing a lightbulb, getting to appointments or meeting up for a cuppa and a chat. That's where Rally Round comes in. Rally Round makes it easy for friends and family to come together and help someone they care about.

## How does it work?

Rally Round is a FREE online service. Add anything that needs doing to the 'To Do List'. Trusted friends and family take a look and volunteer to help. Text and email notifications keep everyone in the loop. Friends and family who want to help feel included and no one gets too stressed.

> " Then I was introduced to Rally Round. It was like someone had looked at my life and designed it for me. I asked those family and friends who had previously offered help if I could add them and they all accepted willingly, many stating 'I just want to do something to help. "

## How do I get started?

It's easy to get started. You can give this leaflet to a friend or family member to sign-up for you, or just go online at **www.rallyroundme.com/wlcvs** and sign-up yourself.

### We can help you:

- **Understand more about Rally Round**

- **Show you how it works**

- **Help you to get started**

We're here to help please contact us;
West Lancs CVS
on 01695 733737
carers@wlcvs.org

## rally round

Friends and family can come together and organise help. Its easy to get started just visit
**www.rallyroundme.com/wlcvs**