# Havering Over 50’s Forum (HOFF) June 2013

**Are pleased to announce the launch of 2013 ‘CARING NEIGHBOURS’**

**The scheme is now into its 5th year, with an ever increasing number of nominations and now more than ever it is so important that we look out for each other.**

**This is a chance for you to nominate a caring neighbour, person or child.**

**Someone who has gone that extra mile for you and you feel that you would like to nominate for an award, as a way of saying ‘thank you’.**

**For example- that checks on you on a regular basis.**

**A person who takes or gets your shopping etc.**

**A child that helps their friends or neighbours.**

**Collect nomination forms from this Tesco customer service counter.**

**Town Hall, Romford.**

**Most libraries**

**Pinney Talford solicitors in North Street, Hornchurch and Station Road, Upminster. (one of our sponsors)**

**Our new web site** [**www.havo50forum.org**](http://www.havo50forum.org)

**Phone on 07504 654686 if you would like a nomination posted to you.**

**Come along to our forum meeting every 2nd Tuesday of each month held in the Council Chamber, Town Hall, Romford, 10.30-12.30. This is for London Borough of Havering residents.**

**Regards Shirley Watling**

**Events committee member of the HAVERING OVER 50’s Forum.**