

Informal Care in a Cohousing Community

**New Ground Cohousing
High Barnet**

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What is cohousing about?

- Intentional community
- Living collaboratively with neighbours
- Sharing responsibility
- Taking decisions together
- Sharing communal space, cars, meals, time, skills...
- Reducing loneliness but respecting privacy
- Looking out for each other





**good neighbours
health buddies
circles of care**

“We look out for each other, not after each other”

