

Throw a lifeline to your neighbour

“I’m 86, I have internet and am perfectly capable of using it but you cannot get cash on the net.”
(Letters, EDP, 2006)

“The closure of rural Post Offices would have a profound impact on local community hitting vulnerable groups such as the elderly and the disabled.”
(Postwatch CAG, 2006)

“Closing Post Offices would mean that important services become available only to car drivers and those with internet access.”
(C. Heaton-Harris MP, 2006)

Currently “nine out of ten rural Post Offices cannot be maintained on a purely commercial basis.” (National Federation of Sub-postmasters, 2006)

The £150 million annual Government subsidy payment for the rural Post Office network comes to an end in March 2008.

Use a rural Post Office



“Each of you should look not only to your own interests, but also to the interests of others.” Philippians 2:4

Take up the cause of those who are vulnerable in our rural communities and rely on their Post Office. We can engage with the issues and make a difference by personally involving ourselves in at least one of the activities listed in this leaflet.

Whether you can use the Internet or drive to town, it is important to make an effort to sustain the rural Post Office network for as long as some of our neighbours need it.

The actions listed cost little more than time and a small inconvenience, but they will provide a practical demonstration of loving our neighbour.

Throw a lifeline to your neighbour

99% of older people in rural areas consider their local Post Office to be a 'lifeline'. (Age concern 2006)

Stamps: only get them from your Post Office

Post Office Card Account

(POCA): If you get Pension or Benefit, open a POCA and request payment into it. (Instructions overleaf)

Vehicle Licence: renew at the Post Office not on the Internet (selected Post Offices)

Banking: see if you can use your bank via the Post Office (40% of Banks offer this service). If your Bank isn't one of them, ask them why not.

Bureau de Change: Use the Post Office service if you are travelling.

Your Bill Payments: pay utility bills at the Post Office.

European Health Insurance

Card (EHIC): Get the application form and pre-paid envelope from your Post Office.

Fishing Permit: If you fish, get your licence at the Post Office

Easy Access National Savings:

Open a new card & pin easy access account

ASK WHAT ELSE THEY DO

Use a rural Post Office

How to open a POCA to accept pension payments:

1. Contact the Pension Service (**0845 60602656**) and request payment is made to a Post Office Card Account (POCA)
2. Have your NI number ready
3. You will get: **Letter of invitation, Card details form, prepaid envelope.**
4. Take **Letter of invitation** to Post Office with ID (driving licence) to Post Office to open POCA
5. You will get: **POCA details**, and in the post, a **Card Pick Up Letter**, and a **pin number**
6. Go to Post Office with **Card Pick Up Letter** to get your POCA card
7. Complete **Card details form** with the details of your new POCA account and return it to the Pension Service in the prepaid envelope.
8. You will get: a **Confirmation letter** from the Pension Service that your pension is now paid direct to your POCA account.
9. **You can only withdraw CASH from your POCA.** Check how you will deal with this first. An Easy Access NS Account is a good idea.

