



# NEIGHBOUR SUPPORT

If you are in a position to assist your neighbours, here is a resource to help you!

- (1) Print out this page on A4.
- (2) Cut along the dotted lines.
- (3) Deliver to your neighbourhood letter boxes.

Unite  
against  
COVID-19

## Hello!

If you are self-isolating, a senior citizen, have a disability or are in need of assistance, I am a neighbour and I can help

My name is: \_\_\_\_\_

I live locally at: \_\_\_\_\_

My phone number is: \_\_\_\_\_

I can help with:

- Picking up shopping       Urgent supplies  
 A friendly phone call       ...or something else

Just call or text me (or drop me a note) for more information, and I'll do my best to help you (for free!)

*Coronavirus is contagious. Please take every precaution to ensure you are spreading only kindness. Avoid physical contact (2m distance, wear a mask). Any items picked up will be delivered to your doorstep.*

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