



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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