

hi
neighbour

I'm happy to help out

My name is: _____

I live at: _____

You can reach me on: _____

If you need a hand with anything or someone to chat with, please call or message me and I'll do my best to help, for free. For example, I can:

- | | |
|--|--|
| <input type="radio"/> Help with shopping | <input type="radio"/> Provide a cooked meal |
| <input type="radio"/> Pick up groceries | <input type="radio"/> Take your pet for a walk |
| <input type="radio"/> Get your medication | <input type="radio"/> Run errands for you |
| <input type="radio"/> Call for a friendly chat | <input type="radio"/> _____ |

Coronavirus (COVID-19) is contagious, so please take precautions: avoid physical contact (1.5m distance), wash hands with soap & water regularly, wear a face mask in public, have items left on your doorstep. For more info call the **National Coronavirus Helpline on 1800 020 080**.



Neighbourhood Watch
Let's watch out for each other

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