

HOW CAN I HELP?



If you are in self-isolation, I can help you with some necessary tasks

My name is: _____
I live in the suburb of: _____
I can be contacted on: _____

- I can help you with:
- Picking up groceries
 - Walking your dog
 - Retrieving urgent supplies
 - Posting/collecting mail
 - A phone call to check in

Remember to wear a mask and observe social distancing rules.
Do not give out your bank cards to anyone.



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Lend a hand to your neighbours who may be self-isolating or vulnerable.

Cut out these Neighbour Connect Cards, write your details, and tick which services you can help with.

Pop them in their mailbox and wait for a call.

Please make sure you have thoroughly cleaned your hands and have minimal contact with the paper, as COVID-19 can be transmitted through paper.