Here to support my community. I can help.

5 things you can do to make a positive difference in your community

- Think of others, consider your actions, & be kind
- Connect and reach out to your neighbours
- Make the most of local online groups
- Support vulnerable or isolated people
- Share accurate information and advice

If you are self-isolating due to COVID-19 I can help with:

- Picking up shopping
- A friendly phone call
- Urgent supplies
- Posting mail
- Dog walking
- Daycare for homebound kids

Just call or text me and I’ll do my best to help you (for free!)

Your Nextdoor neighbour’s name ____________________________

Living at ____________________________________________

Reach me on Nextdoor or call me at ________________________