



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

Posting mail

A friendly phone call

Dog walking

Urgent supplies

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 _____