

We're all in this together

Do you need any help? - It's free

My name is

I live locally at

My number is

Notes

I can help with...

Picking up groceries / post

Urgent deliveries

Walking the dog

Taking out / retrieving the bins

Asking R U OK?

I'm Available...

M T W T F S S

AM

PM

Call
or
Text

Notes:.....

(I'll do my best to help)

*Caronavirus is **contagious** and can be fatal. In particular, for older people and those with poor health. Together we can **keep the effects limited**, by practicing good hygiene, social distancing (<2m), **self-isolating** and following other medical advice.*

If you are self-isolating, then perhaps I can help. **Why?** Everyone deserves good neighbours

I want my community to be safe, healthy and prosperous.

I think being a good neighbour creates the sort of community we all want to live in. Some

call this **#smartcitizenry** <https://www.smartcitizenry.com/>