



the centre for  
volunteering

# hi there neighbour!

I AM HERE IF YOU NEED HELP

If you are self-isolating, social distancing or just need help, I am here for you.

My name is

.....

I live at

.....

You can contact me on

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Please let me know if you need help with:

- Shopping
- Posting mail
- Retrieving your mail from your letterbox
- Urgent supplies
- A friendly phone chat!
- Something else:

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This flyer has been produced by The Centre for Volunteering. It has been designed to encourage and support a strong sense of community by helping our community help each other. Please consider dropping it in your neighbour's letterbox. If you would like more copies please go to [The Centre for Volunteering's COVID-19 Resources](#).

Please remember that COVID-19 is contagious. Avoid physical contact and maintain 2m distance. Wash hands regularly. Leave items on your neighbour's doorstep.