

PRACTICAL IDEAS FOR SUPPORTING NEIGHBOURS



1 SOCIAL MEDIA INTERACTION

Start a private Facebook or Whats App group for your street, enabling people to stay connected, keep informed and ask for help when it's needed. Simply set the group up online and drop a note through your neighbours door sharing how they can join.

2 OFFER HELP

Offer to get provisions or medicines for those who can't leave the house or can't access public transport. Items can always be left on the doorstep.

3 WORK TOGETHER

Create a resource bank for your street that everyone can access when its needed. This might include toilet rolls, dried food or basic staples.

4 GET CREATIVE

Initiate local competitions that keep people occupied at home, perhaps start an online scrabble competition for neighbours, or encourage people to get creative and decorate windows that makes the street more interesting.

5 THINK ABOUT OTHERS

Consider if there is a way you could support the family whose parents need to attend work, should schools close.

6 STAY LOCAL

Purchase groceries from small local retailers to help them manage cashflow and stay afloat.



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HELLO!

If you are self-isolating, I can help.

My name is

.....

I live locally at

.....

My phone number is

.....

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

Picking up shopping

Posting mail

A friendly phone call

Urgent supplies

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

Coronavirus is contagious. Please take every precaution to ensure you are spreading only kindness. Avoid physical contact (2m distance). Wash your hands regularly. Items should be left on your doorstep.

#ViralKindness