

Hello! If you are self-isolating, I can help!

My name is _____

I live locally at _____

Email contact@imyourneighbour.com OR _____

Phone _____

If you or someone you know is self-isolating or needs help due to COVID-19 and are elderly, unwell or less-abled. Please share or keep this flyer, I can help with the following:

- ☐ Picking up groceries, medicine or supplies
- ☐ Walking your pet
- ☐ Friendly phone calls, emails or letters
- ☐ Posting/ picking up mail
- ☐ Sharing supplies or resources
- ☐ Virtual wellness and health sessions via Zoom or FaceTime
- ☐ I have a car
- ☐ Other: _____

Just call, text or email me and I will do my best to help you (for free!) all pickups/ drop offs can be left safely outside your door 😊



I'M YOUR NEIGHBOUR

OR If you are able to help your ~~neighbours~~ and community and can volunteer your time or resources, visit www.imyourneighbour.com or email contact@imyourneighbour.com to join up with ~~neighbours~~ like you!