

Hi neighbour,  
I'm happy to help out!

My name is .....

I live at .....

You can reach me on .....

**T**CROSSWAY

If you need a hand with anything or someone to chat with, please call or text me and I'll do my best to help, for free. For example, I can:

- |   |   |
|---|---|
| <input type="checkbox"/> Pick up groceries        | <input type="checkbox"/> Provide a cooked meal    |
| <input type="checkbox"/> Get your medication      | <input type="checkbox"/> Take your pet for a walk |
| <input type="checkbox"/> Call for a friendly chat | <input type="checkbox"/> Run errands for you      |
| <input type="checkbox"/> .....                    |   |

Coronavirus (COVID-19) is contagious, so please take every precaution: avoid physical contact (2m distance), wash your hands with soap and water regularly, have items left on your doorstep. For more info on coronavirus call the **National Coronavirus Helpline on 1800 020 080**.

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