



COVID Neighbourhood Heart Initiative

Supporting each other in times of need

There are many elderly and vulnerable people in our community experiencing fear, anxiety and increasing isolation due to COVID-19. Through the COVID Neighbourhood Heart Initiative, we can all look out for each and show care and kindness. Can you help your neighbour?

1. What task/s are you able to assist neighbours and other residents with (ensuring that social distancing and hand hygiene can be maintained while participating)?

A friendly phone call

(a simple phone call can help people feel less isolated and more connected if they do need help)

Picking up or dropping off shopping or supplies

Dog walking

Posting mail

Other tasks (please specify)

2. Please provide your contact details:

My name is

My phone number is

Address

Email Address

3. If you aware of community members who may be isolated or need assistance, with their consent, please let us know and we are happy to make contact with them over the coming days.

