

# Hi neighbour!



If you need any help just call me or text me.

If you are  
self isolating  
due to COVID-19 or  
just need support,  
I can help.

My name is.....

I live at.....

.....

Ring me at .....

Pop me an email.....

.....

## Things I can help you with:

- ☐ Picking up groceries
- ☐ Posting mail
- ☐ Urgent supplies
- ☐ A friendly phone chat
- ☐ .....
- ☐ .....
- ☐ .....

This postcard is adopted from #viralkindness campaign. It is designed to encourage community to support each other and to offer help big or small. COVID-19 is contagious. Look after yourself, your loved ones and your neighbours. Please take every precaution to ensure you are spreading only kindness. Avoid physical contact. Wash your hand regularly. Leave items on doorstep.

**MISSION**  
**AUSTRALIA**