

## Kia ora Neighbour!

### If you are self-isolating due to Covid-19, I can help.



My name is \_\_\_\_\_

My phone number is \_\_\_\_\_

I live locally in \_\_\_\_\_

I can help with

- Picking up supplies or prescriptions
- Small urgent errands
- A friendly phone call

Just call or txt me and I'll do my best to help you (no cost!)

Coronavirus is contagious. I will take every precaution to ensure I am spreading only kindness. Any payment needed will be agreed in advance. Supplies will be left on your doorstep. I will wash my hands regularly and greet you by phone or from a distance of 2 metres.

### If you are NOT self-isolating, here are some ideas for how you can help.

**STAY CONNECTED** Start a neighbourhood phone tree or a local community chat via a private Facebook or WhatsApp group – encourage your neighbours to exchange phone numbers and add new people to the group.

**OFFER HELP** Offer help to your neighbours who have to self-isolate in local social media groups or leave some fliers in your area. You can download a template to print from the Catalyse Facebook page.

**THINK OF OTHERS** Some people are too shy to ask for help. Call your friends, community group members, elderly and lonely people you know and ask if anyone needs a hand.

**SHOP LOCAL** Support local business to help them stay afloat.

**SUPPORT EACH OTHER** Consider if there is a way you could support the families with children should schools close – suggest playdates at home, set up a home office for other parents.

*Visit the Ministry of Health website for information and updates about COVID-19 in New Zealand and follow their advice. For tips on how to effectively self-isolate, visit the COVID-19 - Staying at Home page on the Ministry of Health website.*

#bettertogether #communitypower #catalyse

