

Kia Ora Neighbour!

My name is

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I live locally in [street]

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My phone number is

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Let's connect and support each other in these extraordinary times!

I'm keen to connect people on our street and offer help to those who may need it.

#### STAY CONNECTED & SUPPORT EACH OTHER

I would love to start an **online support group** for our street, so we can create a little community and support each other! If you are keen to join, just text me and I'll add you.

If you are self-isolating due to COVID-19, I can help with:

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

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

Coronavirus is contagious. I will take every precaution to ensure that I am spreading only kindness. Any payment 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.

**OFFER HELP** If you need help or can provide help, let me know and I can connect people together.

**SHOP LOCAL** to support local businesses to help them stay afloat

**WASH YOUR HANDS** for good self-care

**PHYSICAL DISTANCING** not social distancing

**STAY CALM** to support your natural immunity

**BE KIND**

Visit the Ministry of Health website for information and updates about COVID-19:

<https://covid19.govt.nz>