

Dear Neighbour,

**My name is _____ and I am
one of your local Community Companions.**

I live very close to you on:

**If you are self-isolating due to COVID-19 and
need some support, I can help you with:**

- Posting mail**
- Picking up shopping**
- Picking up prescriptions & medicines**
- A friendly conversation on the phone**

My contact number is:

**Just call or text me and I'll do my utmost to
help the best I can.**

#CommunityCompanions



Dear Neighbour,

**My name is _____ and I am
one of your local Community Companions.**

I live very close to you on:

**If you are self-isolating due to COVID-19 and
need some support, I can help you with:**

- Posting mail**
- Picking up shopping**
- Picking up prescriptions & medicines**
- A friendly conversation on the phone**

My contact number is:

**Just call or text me and I'll do my utmost to
help the best I can.**

#CommunityCompanions

