



# NEIGHBOURHOOD NETWORK

## Neighbour Cards

If you'd like to help your neighbours or someone you know, print out these cards (see next page) and drop them in your neighbour's letterbox.

COVID-19 is a serious, highly contagious disease. Please take all necessary steps to protect yourself and stop the spread.

- Follow advice from [\*government and health authorities\*](#)
- Only undertake activities that you feel comfortable and safe doing
- Wash your hands regularly with soap
- Practise physical distancing, keeping at least 1.5 metres between yourself and others
- Do not let people into your home, especially strangers
- Neighbours, please wear a mask

### SPONSORS

If you or your Neighbourhood Watch group are able to get sponsorship for the printing of these Neighbour Cards, please invite the sponsor to include a line in the space available at the bottom of each Neighbour Card. Good luck!

### HEALTH

If at any time you feel overwhelmed by any feelings, it is important that you talk to someone you trust. A GP, family member or friend, or call the Coronavirus Mental Wellbeing Support Services: **1800 512 348** or Lifeline: **13 11 14** (24/7). See also the Australian Government's '[\*Head to Health\*](#)' website.

Neighbourhood Watch NSW has a Fact Sheet as part of the *Neighbourhood Network Program* titled '*Grief and COVID-19 - Mourning what we are Missing*'. It is available to download free from the Neighbourhood Watch NSW website: [NHWNSW.org.au/COVID/](https://nhwnsw.org.au/COVID/)

See also the WatchOut! Website 'COVID' page. Neighbourhood Watch NSW has a website called WatchOut.org.au which points you to the best crime prevention links and information on the internet. It has a page specifically dedicated to COVID-19 (Coronavirus): [WatchOut.org.au/COVID/](https://WatchOut.org.au/COVID/)

Neighbourhood Watch NSW can be contacted via [Facebook](#), [Twitter](#), their [website](#), or please email [admin@nhwnsw.org.au](mailto:admin@nhwnsw.org.au) or phone **02 4048 1068** or **0401 384 003**.



## NEIGHBOURHOOD NETWORK—Can I help you?

Hello neighbour! If you are isolating or need support due to COVID-19, I am ready to help.

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

I live nearby at \_\_\_\_\_

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

I can help with:

- |   |  |
|---|--|
| <input type="checkbox"/> Picking up groceries or essential items (medicine) | <input type="checkbox"/> Collecting/posting mail |
| <input type="checkbox"/> Watering gardens and plants                        | <input type="checkbox"/> Putting out bins        |
| <input type="checkbox"/> A friendly phone call                              | <input type="checkbox"/> Walking the dog         |
| <input type="checkbox"/> Or _____   |  |

Just call, text, or leave a note and I will do my best to help. Please remember, COVID-19 is a serious, contagious disease. Please take all necessary steps to protect yourself & others. Items will be left on doorsteps, doorhandles and letterboxes—wherever it is safest and works best for you.

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[NHWNSW.org.au/COVID](https://www.nhw NSW.org.au/COVID)

*Adapted from Red Cross Neighbour Card*

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