

Say hello...

Let your neighbour know you are there for them if they need you! Just cut out the card below, write your message and post through your neighbours door.



Hello Neighbour

I'm here if you need me.

Looking out for our neighbours

Only use this card if you feel safe and comfortable sharing your details with your neighbours.

Cut along the dotted line

The card template features a light blue background with the text 'Hello Neighbour' in large white letters and 'I'm here if you need me.' in smaller dark blue letters. To the right of the text are three overlapping circles: a yellow one with a hand icon, a red one with a speech bubble icon, and a purple one with a house icon. Below the text is a large white rectangular area with a dotted border, intended for writing a message. A small icon of a pencil and a dashed line are positioned at the top left of this area. At the bottom right of the dotted area is a scissors icon and the text 'Cut along the dotted line'. The card is surrounded by various decorative icons: a purple coffee cup icon at the top right, a yellow speech bubble icon, a purple hand icon, a yellow house icon, and a green hand icon.



Have a think...

Tip: Try reflecting on these questions weekly or monthly and see what changes.

- Q1.** Do you have a neighbour who could need your help?
- Q2.** What do you do regularly that you could also do for someone else?
- Q3.** Do you have a neighbour nearby who you'd turn to if you needed help?
- Q4.** Are there any events or activities that you're involved in that you could invite others to?



Looking out for... simple things I can do

Use this planner to keep track of the things you do each week. Have a think if there's anyone nearby who you could help out when you're doing each task - or someone who could help you.

Examples of things you might need to do this week:

Pop to the Post Office, put the bins out, do the weekly food shop or pick up a prescription.

How could I help my neighbour (or how could they help me) with something I already do on this day?

| | |
|-------------|--|
| Mon | |
| Tue | |
| Wed | |
| Thur | |
| Fri | |
| Sat | |
| Sun | |

