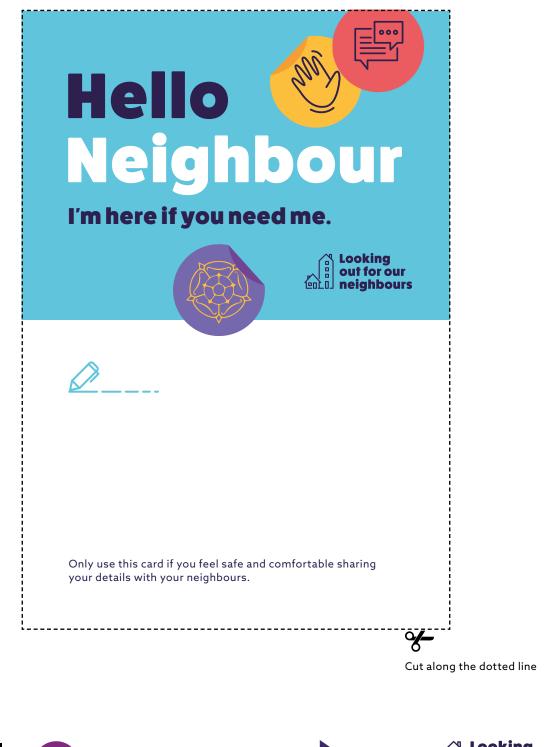




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Let your neighbour know you are there for them if they need you! Just cut out the card below, write your message and post through your neighbours door.









West Yorkshire and Harrogate Health and Care Partnership







## 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?
- Q 3. Do you have a neighbour nearby who you'd turn to if you needed help?



Q 4. 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?

