


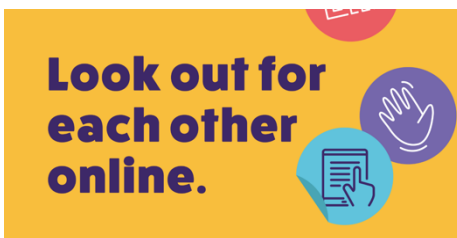


Messages for social media

Provided below are sample graphics and social media content, updated to reflect most recent government/NHS guidelines on the COVID-19 outbreak. Please use with the provided graphics also available in this pack.

Copy	Accompanying media
Small acts of kindness don't need to cost a lot. When doing your weekly shop why not buy an extra item and bob it in the supermarket foodbank box, if you can afford it. #OurNeighbours #kindness	
Looking out for #OurNeighbours can start with a simple text or note through their door to say 'Hello, I'm here if you need anything'. Simple acts of kindness can make a real difference to people living alone who may be worried in these uncertain times.	
Daily tip: Picking up some shopping or posting mail? A friendly phone call, text or note to your neighbour to see if they need anything could make a huge difference to their day. #OurNeighbours	
Stay in touch online with friends, family and neighbours you know during uncertain times, and continue to be there for one another. #OurNeighbours	

Many of us are already looking out for #OurNeighbours - from doing a bit of shopping, texting or posting a message through their door, or setting up a neighbourhood WhatsApp group to check they are OK #tacklingloneliness #kindness

