

# Let's Connect



The last couple of years have been challenging for many. Seeing community connections become even more important to us.

Connections with our families, friends, neighbours, and the larger community, help foster positive mental health and wellbeing, friendships and a greater sense of community.

*Alone we can do so little,  
**TOGETHER** we can do so much.*

*- Helen Keller*



Let's get  
in touch!

**MY NAME IS:** .....

**I LIVE AT:** .....

**IF YOU WOULD LIKE TO CHAT OR NEED ANY ASSISTANCE, MY BEST CONTACT IS:**

.....

**If you would like any assistance, I have skills and am happy to help with:**

- |   |  |
|---|--|
| <input type="checkbox"/> IT/technology (phone & computer)                 | <input type="checkbox"/> Assisting with your groceries             |
| <input type="checkbox"/> DIY home maintenance / handy jobs                | <input type="checkbox"/> Picking up urgent supplies                |
| <input type="checkbox"/> Garden Assistance (e.g. watering, pruning etc)   | <input type="checkbox"/> Taking out your bins                      |
| <input type="checkbox"/> Providing a cooked meal (e.g. classic casserole) | <input type="checkbox"/> Small urgent errands                      |
| <input type="checkbox"/> Walking or feeding your pet                      | <input type="checkbox"/> A phone call / zoom call / chat in person |
| <input type="checkbox"/> Introducing you to others in our street/complex  | <input type="checkbox"/> Other                                     |
| <input type="checkbox"/> Tutoring (list subject)                          | .....  |
- .....

**Community connections are important. Please get in touch if you need help or want to connect someone in your community.**