



**Hello  
neighbour!**



**Let's keep our  
community  
connected.**



northern  
beaches  
council



@beachescouncil

## We are all in this together.

You can make a positive difference by...



Reaching out  
and say 'hello'



A simple act  
of kindness



Lending a  
helping hand

## Health comes first.

- Stay home as much as you can.
- Keep 1.5m from others.
- Wash hands often - 20secs warm soapy water.
- Limit gatherings - two people.

## Help is at hand.

- Northern Beaches Council  
1300 434 434 [northernbeaches.nsw.gov.au](http://northernbeaches.nsw.gov.au)
- Coronavirus Health Information Line  
1800 020 080
- Northern Beaches Hospital  
9105 5000
- Lifeline  
13 11 14 or text 0477 13 11 14
- Domestic Violence Line  
1800 65 64 63
- Kids Helpline  
1800 55 1800

Keep up to date with accurate information  
and advice from trusted sources.

Visit [australia.gov.au](http://australia.gov.au) or [nsw.health.gov.au](http://nsw.health.gov.au)

## Hello!

I'm just checking to see if you're okay or need  
any help.

My name

I live at

My phone number

## Let me know what I can help you with?



Picking up  
groceries



Urgent  
supplies



Dog  
walking



Gardening



Chat on  
the phone



Other

To keep us both safe, I will wash my hands  
and leave any items for you at your door.



**It's a great  
time to get  
to know your  
neighbour.**

**Thanks!  
#viralkindness**



### **How to use this card.**

Just tear off the bit with your details and pop it in the letterbox or under the door of a neighbour in need. They could be elderly, isolated, unwell or just having a tough time.