

HELLO! I'm one of your neighbours...

My name is

.....

I live locally at

.....

My phone number is

.....

Are you self-isolating due to COVID-19?

I can help with:

- picking up shopping
- posting mail
- a friendly phone call
- urgent supplies

Just call or text me and I'll do my best to help you!

Are you able to leave home, and have some free time to offer?

Could you help out your neighbours?
(e.g. with some of the tasks mentioned here)

Call or text me and let's see what's possible!

Coronavirus is contagious. Please take every precaution to ensure you are spreading only kindness. Avoid physical contact (2m distance). Wash your hands regularly. Items should be left on your doorstep.

#LoveYourNeighbour #ViralKindness supported by



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What is this? #ViralKindness is a global movement of care, kindness and mutual support between neighbours, in the midst of the Coronavirus/COVID-19 pandemic.

Who's it for? We all need to look out for each other — but ***we want to prioritise those who are particularly isolated and vulnerable*** at this time. Please respect that — and the fact that we all have our limits!

Can I join in? We would love as many neighbours as possible to join us in offering care, kindness and support to those who live near you. Please do feel free to use these postcards, adding your own details on the opposite side. We suggest you only deliver them to at most 20-30 homes near you. Don't risk stretching yourself too thinly!

Who's behind it? It's not 'led' or 'organised' by anyone—these postcards are being used across the world. Locally it's being promoted by Together Liverpool as part of our Network of Kindness initiative. Together Liverpool aims to equip Churches, Communities and Charities to bring hope, resources and support to their neighbours, so they can make a bigger difference in their communities. We want to encourage neighbourly relationships of trust, friendship and support in our communities. This is not a 'scheme' that we are 'running' or 'overseeing'. However, if you have any concerns about this scheme contact us on naomi.maynard@togetherliverpool.org.uk

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