



The Help Pack

Thanks for downloading the Lend A Hand help pack!

Within this PDF are a few things you can use to help spread the good word and support those who may be struggling in self-isolation.

Contents

1 x Letter to post through your neighbours' doors to show you're willing to help

3 x Window posters to show that you need support, are helping out or are getting the help you need.

It goes without saying, but wash your hands before posting the letter!



Lend A Hand

Hello.

My name is...

My contact number is...

I live near you, at...

If you are stuck at home self-isolating, I would like to help if you need it.

From popping to the shops, to having a chat over the phone, via walking the dog –if there’s something I can help with, drop me a text and we can work something out.

It’s also worth adding your needs to [LendAHand.uk](https://www.lendahand.uk), or if you can help others local to you, also register there and you can be connected with those looking for support.

We’ll get through this.



I'm self- isolating & need a hand

I recently posted a request for help on Lend A Hand – a community of helpers to support those struggling in self-isolation. If you're able to help me please visit lendahand.uk and pledge your support.

We'll get through this.

Lend A Hand 

lendahand.uk



I'm getting help with Lend A Hand

Lend A Hand is creating a community of helpers to support those struggling in self-isolation. If you want to help or need help visit lendahand.uk

We'll get through this.

Lend A Hand 

lendahand.uk



I'm helping others with Lend A Hand

Lend A Hand is creating a community of helpers to support those struggling in self-isolation. If you want to help or need help visit lendahand.uk

We'll get through this.

Lend A Hand 

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