

**HELLO!** If you are self-isolating  
I would love to help you...

My name is \_\_\_\_\_

I live in the area and am also a member of  
**PITT TOWN ANGLICAN COMMUNITY CHURCH**

**If you are self-isolating due to COVID-19,  
I can help you (for free, of course!) by:**

- ☐ Picking up shopping      ☐ Gathering urgent supplies  
☐ Posting/collecting mail      ☐ Being a listening ear over the phone  
☐ Other: \_\_\_\_\_

**Contact me at \_\_\_\_\_  
and I'll do my very best to be able to help you.**

*(For the sake of each other's health, we'll need to wash our hands  
regularly, stay 2m away from each other and leave items to be  
collected/dropped off on your doorstep)* **#viralkindness**



The 'Community Life' Project is part of Pitt Town Anglican Community Church's Outreach. This ministry involves connecting with the community to identify those in need of help, care and assistance. Some of it's focus is in Mental Health, reaching out to the Socially Disadvantaged and Socially Isolated individuals and families in our community.

**0433 171 592 admin@pitttownchurch.com**  
**www.pitttownchurch.com facebook.com/pitttownchurch**

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