



# Kia ora

I'm your neighbour  
and I'm here to help



**Absolutely Positively**  
**Wellington City Council**  
Me Heke Ki Pōneke

# If you're self isolating, I can support

My name is

.....  
.....

I live locally at

.....  
.....

My phone number is

.....  
.....

# If you need, I can help with

- |  |  |
|--|--|
| <input type="checkbox"/> Picking up shopping | <input type="checkbox"/> A friendly phone call |
| <input type="checkbox"/> Running errands     | <input type="checkbox"/> Urgent supplies       |

Just call or text me and we can chat about what you need.

*Covid19 is contagious. Please take care to ensure you're spreading only kindness. Wash your hands, avoid physical contact and leave any items on the doorstep.*

**Kia kaha**  
Stay safe and be kind

