

Help wanted post cards

When people offer help, give your friends or whānau one of these postcards or take a photo of both sides, fill it in and message them.

They will more than likely be thrilled that there are things they can do to help.



Thank You
for your offer to help

I would love your help with...

HOUSEHOLD

- ☐ Washing
- ☐ Cleaning
- ☐ Gardening
- ☐ Cooking meals
- ☐ Childcare
- ☐ Grocery shopping

OTHER

- ☐ _____
- ☐ _____

SOCIAL

- ☐ Staying in touch with others
- ☐ Checking in on the people I love:

NAME/S _____

VISITING

- ☐ Bringing the following things when you visit: _____
- ☐ Other things I would find really helpful: _____

It's sometimes hard for me to ask, but if you were able to help with the following things, it would make a huge difference

Thank You

TO

