



## 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 [lendahandusa.com](https://lendahandusa.com), 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](http://lendahand.uk) and pledge your support.

We'll get through this.

**Lend A Hand** 

[lendahandusa.com](http://lendahandusa.com)



# 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 [lendahandusa.com](https://lendahandusa.com)

We'll get through this.

**Lend A Hand** 

[lendahandusa.com](https://lendahandusa.com)



# 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 [lendahandusa.com](https://lendahandusa.com)

We'll get through this.

**Lend A Hand** 

[lendahandusa.com](https://lendahandusa.com)