

# Hi neighbour!

Just letting you know  
I am here to help if  
you need.

My name is.....

I live at.....

My phone or email is.....

I speak another language.....

## Things I can help you with:

- |  |                                |
|--|--------------------------------|
| <input type="checkbox"/> Shopping              | <input type="checkbox"/> ..... |
| <input type="checkbox"/> Posting mail          | <input type="checkbox"/> ..... |
| <input type="checkbox"/> Urgent supplies       | <input type="checkbox"/> ..... |
| <input type="checkbox"/> A friendly phone chat | <input type="checkbox"/> ..... |

Please consider dropping this into a neighbours' mailbox. For more information about the Good Neighbour initiative or for extra copies visit

[www.cumberland.nsw.gov.au/goodneighbour](http://www.cumberland.nsw.gov.au/goodneighbour)

## Other Support Services

### 1800RESPECT

Domestic & family violence counselling and support

1800 737 732

### Health Direct

1800 737 732

**Lifeline** provides 24/7 crisis support and suicide prevention services

13 11 14

**Kids Helpline** is a 24/7 telephone counselling service for children and teenagers

1800 55 1800

### Crime Stoppers (NSW)

1800 333 000



CUMBERLAND  
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### Cumberland City Council

☎ 02 8757 9000 🌐 [cumberland.nsw.gov.au](http://cumberland.nsw.gov.au)

For more details on Council and other local support services, go to: [www.cumberland.nsw.gov.au/where-get-emergency-help](http://www.cumberland.nsw.gov.au/where-get-emergency-help)



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# Only accept help from someone you know and trust

TIPS FOR KEEPING YOU SAFE



Never give anyone your bank details, credit card, bank card or pin number – only give cash and ask for a receipt



If someone is doing shopping for you, make sure you provide them with a shopping list and budget, based on what you can afford



Never deal with unknown cold callers



If you are in doubt or feel pressured or threatened close the door, call another neighbour or in an emergency ring 000

## Advice if you are self-isolating

HELP STOP  
THE SPREAD  
OF COVID-19



Maintain good hygiene, such as regularly washing your hands



Leave items outside the person's home for them to collect, rather than delivering in person



Provide support over the phone and make use of social media

In your *language*

### Chinese

此传单包含确保您安全的提示，自我隔离期间的建议以及通过将传单放在邻居的邮箱中与其联系的机会。如需详情，请致电 02 8757 9000 或访问 [www.cumberland.nsw.gov.au/goodneighbour](http://www.cumberland.nsw.gov.au/goodneighbour)

### Arabic

تحتوي هذه النشرة على نصائح للحفاظ على سلامتك، ونصائح تفيدك إذا كنت تعزل نفسك وفرصة للتواصل مع الجيران عن طريق ترك هذه النشرة في صندوق بريدهم. للمزيد من المعلومات، يرجى الاتصال على الرقم 02 8757 9000 أو قم بزيارة [www.cumberland.nsw.gov.au/goodneighbour](http://www.cumberland.nsw.gov.au/goodneighbour)