



## A small gesture could make a big difference

Do you have an elderly neighbour who could be lonely or isolated?

### Take a small step and make a connection by:

- Introducing yourself to them
- Having a chat and being friendly

### You could also offer to:

- Take out the rubbish
- Bring in the paper
- Collect the mail
- Help out with pets
- Water the plants
- Mow the lawn
- Assist with odd jobs

If you are concerned about a neighbour or would like information about services to support older people at home contact your local council's aged services worker.



9976 1562



Warringah Council

9942 2560 / 2563



PITTWATER  
COUNCIL

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