



CARMEL CARE

An Our Lady of Mt Carmel Community Initiative

Carmel Care was relaunched in June 2019. Our focus is on providing support as needed for friends, family and our community members. Carmel Care is a small community of volunteers, from our parish and school who are available to provide quiet help in moments of need. Some of the services we provide:

- Meals
- Transport / shopping
- Yard work
- Companionship

Volunteers agree to be on an email list. When a need arises, this list will be contacted.

With COVID-19 changing our way of life, we are aware of much need for help and many people wanting to help. There are many vulnerable people in our community, and we want to organise a way of connecting each other.

If you are able to help or aware of someone in need of help, please email your details to Janelle at the Parish Office mtcarmel@bne.catholic.net.au or call 3397 1587. Please indicate which service list you would like to be included on.

The below is mail drop item that has been circulating on social media. You may find this helpful to copy and offer to your neighbours. Notify us if we can help coordinate assistance.

Hello! If you are self-isolating, I can help.

My name is

I live locally at

My phone number is

If you are self-isolating due to the COVID-19 I can help with:

- | | |
|--|--|
| <input type="checkbox"/> Picking up shopping | <input type="checkbox"/> Posting mail |
| <input type="checkbox"/> A friendly phone call | <input type="checkbox"/> Urgent supplies |
| <input type="checkbox"/> Yard work | <input type="checkbox"/> Meals help |

Just call or text me and I'll do my best to help you (for free!)

Coronavirus is contagious. Please take every precaution to ensure you are spreading only kindness. Avoid physical contact (2m distance). Wash your hands regularly. Items should be left on your doorstep. #ViralKindness