

EAST SOOKE TOGETHER

Mutual Aid - Neighbourly Acts of Kindness

Are you in need of support due to illness or injury?
Would you be willing to call a neighbour for a bit of help?

East Sooke Community members are ready to help with:

- Shopping for/ picking up essential groceries or supplies, and prescriptions
- Regular phone chats – a friendly call to see how you are doing
- A little help around the house that a neighbour might do, such as changing a light bulb or posting a letter.

To get help OR to provide help, leave a message at 778-400-5442, or complete an Intake Form at *eastsooketogether.com*.

IMPORTANT NOTE:

East Sooke Together is a Mutual Aid group, matching low risk, non-medical needs with Volunteers willing to help. **East Sooke Together** is a broker, finding matches and maintaining the database. Clients and Volunteers are members of the community. **East Sooke Together** does not perform police checks nor vet Clients/Volunteers in any other way. Clients and Volunteers make their own arrangements about tasks to be performed and must exercise due diligence.

In particular, a Volunteer may receive reimbursement for goods purchased and delivered (such as groceries), but not for services rendered. If possible, the Client should prepay for goods when ordering.

Sponsored by the East Sooke Neighbourhoods Association