

HOW PEOPLE CAN HELP YOU

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It probably feels like everyone you've ever met is asking what they can do to help – which can feel like another admin task... but take up their offer.

Here are some ideas to get you started. Assign jobs to people, add their initials, photograph it and send it to Whatsapp groups, or email to your support group.

Your friends and family **WANT** to help you but may feel powerless and don't want to intrude - so you might have to do the heavy work at the beginning and sort it out.

TASK

WHO

Take kids to school

Pick up kids from school

Help with homework

Babysit the kids

Make sure the kids have appropriate clothes and accessories (hat, scarf, gloves, sunscreen, sunhat)

Fill out school forms

Take kids to after school activities, doctor appointments or birthday parties

Plan a birthday party for you kid

Walk the dog

Come over and feed/play with pets

Keep our pets in your home

Prepare or deliver meals

Do the food shopping

Cleanup. Do dishes/load the dish washer

Do packed lunches for the kids

TASK

WHO

Change the bed sheets

Do some home repairs

Do laundry and put away clothes

Take rubbish bins out

Vacuum/clean floors

Hire a cleaner

Clean the bathrooms

Rake leaves

Mow the lawn

Pick up packages and parcels from post office

Put petrol in the car

Take car for MOT

Keep you company

Drive or accompany you to appointments or treatments

Coordinate help and support with everyone

Share updates about me to my support group

Help with grants/financial support

Pick up prescriptions/medications

Take a walk with me

Take me for a massage

Take my partner out for a break

Exercise with my partner

Lend me books/magazine

Offer new TV or app subscriptions

Bring art/toys/books/entertainment around for the kids

Help with technical issues (TV, laptop, iPad)