Community Action Card

Ask "What helps?" Then choose one action.

1 As a neighbour

- [ ] Say hello, no pressure
- [ ] No comments on noise
- [ ] Invite, accept "no"
- [ ] Offer practical help
- [ ] Welcome new families
- [ ] My idea: _____

2 In a group or club

- [ ] Ask "What helps?"
- [ ] More than one way to join
- [ ] Room for breaks
- [ ] Show, don't just tell
- [ ] Notice who's missing
- [ ] My idea: _____

3 As a leader or planner

- [ ] Information first
- [ ] A quiet option
- [ ] Community languages
- [ ] Online sign up
- [ ] Neurodivergent people plan
- [ ] My idea: _____

Our place: Library | Club | Faith group | Street