

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

My name is _____

I live at _____

My phone number is _____

IF YOU ARE SELF-ISOLATING DUE TO COVID-19 I CAN HELP WITH:

Picking up shopping

Posting mail

A friendly phone call

Urgent supplies

Just call or text me at the number above and I'll do my best to help out

Coronavirus is highly contagious. Please take every precaution to ensure you are spreading only kindness. Avoid physical contact (2 metres/6 feet distance). Wash your hands regularly. Items should be left on the doorstep.

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