

HELLO!

If you are
self-isolating
I can help.

COVID-19 is contagious.
Please avoid physical
contact (2m distance).
Wash your hands regularly.
Items will be left at your
doorstep and I will text
or phone to let you know.

My name:

My phone number:

I live locally at:

If you are unwell or self-isolating due to the Coronavirus
(COVID-19) and need some help with:

- Picking up shopping or prescriptions
- Walking your dog
- Posting mail
- Someone to talk to (*a chat on the phone or from a safe distance*)

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

Let's spread kindness not infection!

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