

*Hello!*

**If you are self-isolating due to Covid-19, I can Help**

My name is ..... and I live locally at .....

My phone number is ..... Call/Text and I'll do my best to help

I can help with:	Picking up shopping A friendly phone call	Posting mail Urgent supplies
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Coronavirus is contagious, please take every precaution to ensure you are spreading only kindness. Avoid physical distance (2m distance). Wash your hands regularly, items should be left on your doorstep.

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