

HELLO! self-isolating? let me help.

My name is:



My address is:

My number is:



If you are self-isolating due to Coronavirus, I can help.

- Picking up shopping
- A friendly chat
- Picking up prescriptions
- Urgent supplies

Call or text me and I'll do my best to help you. **#staystrong**

COVID19 or Coronavirus is contagious. Please take every precaution to ensure you are only spreading kindness. Avoid physical contact (2-3m distance). Wash your hands regularly. If you think you are in trouble, please get in touch.

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