

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

My name is .....

I live locally 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 and I'll do my best to help you (for free!)

**Coronavirus is contagious - please take precautions to ensure you are spreading only kindness. Avoid physical contact. Items should be left on your doorstep.**



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