

# HELLO!

If you are self isolating I'd love to help you.

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

Please call or text me and I'll do my best to help you (for free!)

Coronavirus is contagious. Please take every precaution to ensure you are spreading only kindness. Avoid physical contact (2m distance). Wash your hands. Items should be left on your doorstep. Thank you!

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