

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 Collecting and/or dropping off mail Other
 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 every precaution to ensure you are spreading only kindness. Avoid physical contact (6ft distance). Wash your hands regularly. Items will be left on your doorstep. Hope to serve you soon!