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

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	Post Office Deliveries	
A friendly phone call	Urgent supplies	
Just call or text me and I'll o	do my best to help you for free.	
Coronavirus is contagious. Please take every precaution to ensure you are only spreading kindness.  Wash your hands regularly.		

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