

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 Post Office Deliveries
 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 only spreading kindness. Wash your hands regularly.

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