

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

Urgent supplies

A friendly phone call

Other.....

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 (2m distance). Wash your hands regularly. Items should be left on your doorstep.

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

Urgent supplies

A friendly phone call

Other.....

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 (2m distance). Wash your hands regularly. Items should be left on your doorstep.