Hello! If you a	re self isolatir	ng, I can 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 you with:		
Picking up st	nopping	Dog walking
A friendly ph	one call	Posting mail
Collecting u	rgent supplies	Other
Just call or text me and I will do my best to help you (for free) Remember Coronavirus is highly contagious. Please take every precaution to ensure you are only spreading kindness! Avoid physical contact (2m distance). Wash your hands regularly and leave any items on the doorstep.		

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