

Hello! If you are self isolating, 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:

- | | |
|---|---------------------------------------|
| <input type="checkbox"/> Picking up shopping | <input type="checkbox"/> Dog walking |
| <input type="checkbox"/> A friendly phone call | <input type="checkbox"/> Posting mail |
| <input type="checkbox"/> Collecting urgent supplies | <input type="checkbox"/> 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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