Hello!
If you are self-isolating just now...

My name is ..............................................
I live locally at ...........................................
My phone number is .....................................

If you are self-isolating just now due to Coronavirus I can help with:
☐ Picking up urgent supplies / prescriptions
☐ Picking up urgent shopping
☐ A friendly phone call
☐ Posting mail or dog walking

Just call or text me and I'll do my best to help you (for free!)

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