

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

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.



I can
help

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