

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
- Posting mail
- A friendly phone call
- Urgent supplies

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

Coronavirus is contagious - please take precautions to ensure you are spreading only kindness. Avoid physical contact. Items should be left on your doorstep.



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