

# 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, a friendly phone call, posting mail, urgent supplies etc.

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

I am also collecting items for Storehouse to be distributed to those in our Community who are the most vulnerable right now. Even if you can spare a couple of tins or a roll or two of toilet roll this could make all the difference. Items needed are: tinned meat, rice, rice sauces, cleaning products, deodorant, soap and toilet rolls. Donated items can be left in a carrier bag at my front door.

**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.**

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