

HELLO

I'm part of your local community
You may have seen in the news about
Coronavirus. If you are self-isolating or
unable to get out I want to offer my help.

If you need assistance in the form of...

- ▣ Getting shopping
- ▣ Medication pick up
- ▣ Someone to chat to
- ▣ Sending mail

I am here & willing to help. There's no
charge, my help is FREE!

Call or text on the number below:



My name is: _____

My number is: _____

My address is: _____



PLEASE REMEMBER

- Be mindful of letting strangers into your home
- Wash your hands regularly
- Keep a safe distance to avoid spreading germs
- Drink lots of water to stay hydrated
- You are NOT alone

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