

Hello! If you are self-isolating we can help.

My name is:

My phone number is:

I live at:

If you are self-isolating due to COVID-19 I can help you with:

- Picking up shopping. A friendly phone call. Posting mail.
- Urgent needs. Walking your dog. Any other important needs.

Just call, text or email me and I'll do my best to help you (for free!). I belong to your local neighbourhood church, and we want to love our neighbours, care for the sick and help the vulnerable. If you aren't isolating but still need help, please let us know.

Coronavirus is contagious. Please take every precaution to ensure that you are spreading only kindness. Avoid physical contact (2m distance). Wash your hands regularly. Items should be left on your doorstep.