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 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.

#ViralKindness