

Hello

If you are self-isolating, I can help.

My name is: \_\_\_\_\_ My Phone No is: \_\_\_\_\_

I live locally at: \_\_\_\_\_

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

Picking up shopping

Posting mail

Prayer

A friendly phone call

Urgent Supplies

**Just call or text me, and I'll do my best to help you**

Coronavirus is contagious, therefore I will take every precaution to ensure I'm spreading only kindness. I will seek to avoid physical contact (2m distance), wash hands regularly, and leave any items on your doorstep

**"Peace I leave with you, my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid." Jesus**



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