## Hello! If you are self-isolating I can help. Hello! If you are self-isolating I can help. My Name is: My Name is: I live locally at: I live locally at: My phone number is: My phone number is: If you are self-isolating due to COVID-19 I can help with: If you are self-isolating due to COVID-19 I can help with: Picking up shopping Picking up shopping Posting mail Posting mail A friendly phone call Urgent supplies A friendly phone call **Urgent supplies**

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Иу Name is:	• • • • • • • • • • • • • • • • • • • •
live locally at:	• • • • • • • • • • • • • • • • • • • •
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f you are self-isolating due	to COVID-19 I can help with:
Picking up shopping	Posting mail

**Urgent supplies** 

A friendly phone call

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