

Hello!

IF YOU ARE SELF-ISOLATING I CAN HELP.

MY NAME IS:

I LIVE LOCALLY IN:

MY PHONE NUMBER IS:

I CAN HELP WITH:

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PICKING UP SHOPPING

☐

A FRIENDLY PHONE CALL

☐

URGENT SUPPLIES

☐

OTHER:



JUST CALL OR TEXT ME AND I'LL DO MY BEST TO HELP.