

Those who can offer help, fill out their contact details and leave the cards with their neighbors. Thank you for spreading a little love at this time.

HELLO! I AM YOUR LOCAL NEIGHBOR. IF YOU ARE SELF-ISOLATING, I CAN HELP.

My name is:

I live locally at:

My phone number / email address 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, text or email and I'll do my best to help you (for free!)

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