

# Hey Neighbour!



If you're in  
self-isolation, I'm  
happy to help.

My Name is:

You can contact me at:

My phone number is:

I can help you with:

- |                                              |                                                                  |
|----------------------------------------------|------------------------------------------------------------------|
| <input type="checkbox"/> Picking up shopping | <input type="checkbox"/> Posting/collecting mail                 |
| <input type="checkbox"/> Urgent supplies     | <input type="checkbox"/> Or just a phone call to check in on you |
| <input type="checkbox"/> Walking your dog    |                                                                  |

Coronavirus is contagious. Please take every precaution to ensure you stay safe. Avoid physical contact, wash your hands regularly, and observe the social distancing rules.

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