Hey Neighbour! If you're in My Name is: self-isolation, I'm happy to help. You can contact me at: My phone number is: I can help you with: Posting/collecting Picking up shopping mail Urgent supplies Or just a phone call to check in on you 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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Heritage, Commerce and Lifestyle	
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