

Hello Neighbour!

If you are self-isolating,
I can help.

My name is

My address is

My phone number is

If you are self-isolating, alone or have coronavirus, I can help with:

- Order/Pick up shopping
- Pick up Prescriptions
- Being someone to talk to
- Items you have run out of

Just phone or text me and I'll do my best to help - no charge!!

Guidelines, wash your hands regularly, don't touch face, avoid physical contact.
Anything you need that I drop off will be placed outside your front door,
I'll ring you as I leave to let you know they are there.