

# *Hello! If you're self-isolating, I can help...*

Name: \_\_\_\_\_

I live locally at: \_\_\_\_\_

My phone number is: \_\_\_\_\_

If you are self-isolating due to COVID-19 I can help you with:

Picking up shopping

Posting Mail

A friendly phone call

Urgent supplies

Just call or text me and I will do my best to help you (for free!)

Coronavirus is contagious. Please take every precaution to ensure you are spreading only kindness. Avoid physical contact. Wash your hands regularly. Items should be left on your doorstep. Please ensure that nobody enters your house while you are self-isolating.

Thank you

*Fremington Parish Council*

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