

# Hello

## if you are self-isolating, or vulnerable, I can help!

My name is

My phone number is

I live locally at

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

Picking up shopping

Posting letters

Prayer

A friendly phone call

Urgent supplies

### Just ring or text me, and I'll do my best to help you (for free!)

Coronavirus is contagious; therefore I will take every precaution to ensure I'm spreading only kindness. I will avoid physical contact (2m distance), wash hands regularly, and leave any items on your doorstep.

**"Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid." - Jesus Christ**

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