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| **Hello!** If you are self-isolating, I can help. | |
| My name is: ………………………………………………………………………. | |
| I live locally at: …………………………………………………………………… | |
| My phone number is: ………………………………………………………… | |
| My email is: ………………………………………………………………………. | |
| If you are self-isolating because of Coronavirus I can help with: | |
| |  | | --- | |  |   Picking up shopping | |  | | --- | |  |   Posting letters |
|  |  |
| |  | | --- | |  |   A friendly phone call | |  | | --- | |  |   Urgent supplies |
| Just call, text or email me and I’ll do my best to help (for free!) | |
| Coronavirus is contagious. Please take every precaution to ensure you are spreading only kindness. Avoid physical contact (2 metre separation). Wash your hands regularly.  Items will only be left on your doorstep. | |
| #viralkindness |  |
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