

# Hello!

If you are self-isolating, 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 mail     Prayer  
 A friendly phone call     Urgent Supplies     .....

**Just call 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 seek to avoid physical contact (2 metre distance), wash hands regularly and leave any items on your doorstep.

**“Peace I leave with you; my peace I give you. Do not let your hearts be troubled and do not be afraid.” - John 14:27.**

**#ViralKindness**

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