

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

Dear Neighbour,

If you're self-isolating due to Coronavirus, you may need some help getting things to your door. We have some volunteers that can help!\*

**My name is**

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**My phone number is**

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**My email is**

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



Picking up shopping



Posting mail



A friendly phone call



Urgent Supplies

Just call or text me and I'll do my best to help you

*Just because you're self-isolating, doesn't mean you're alone...*



[www.LoveForAllHatredForNone.org](http://www.LoveForAllHatredForNone.org)

\*If you need medical advice please follow government guidelines on <https://www.nhs.uk/conditions/coronavirus-covid-19>

