

Hi neighbour, my name is

and I live at

**Are you self isolating, or worried
about going outside?**

**Do you need a helping hand with any of the
following?**

- Getting your shopping?
- Putting bins out?
- Walking your dog?
- Picking up prescriptions?
- Want someone to come and check on you?

I'd be very happy to help you with the above.

Please dont hesitate to contact me on

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