

Those who can offer help, fill out their contact details and leave the cards with their neighbors. Thank you for spreading a little love at this time.

HELLO! I AM YOUR LOCAL NEIGHBOR.

IF YOU ARE SELF-ISOLATING, I CAN HELP.

My name is:

I live locally at:

My phone number /email address is:

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, text or email and I'll do my best to help you (for free!)

Note to those handing out cards: Coronavirus is contagious. Please take every precaution to ensure you are spreading only kindness. Avoid physical contact (3-6 feet), and wash your hands regularly. Items should be left on the doorstep.

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