

**HELLO! IF YOU ARE
SELF-ISOLATING, I CAN HELP**

My name is

I live locally at

My phone number is

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

- Picking up shopping Just call or text me and I'll do my best to help you
- Urgent Supplies (for free!)
- A friendly phone call / support

Coronavirus is contagious. Please take every precaution to ensure you are avoiding physical contact (2m distance). Wash your hands regularly. Items should be left on your doorstep.

reachonline.org

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