

Hello If you need support, I can help

My name is


I live locally at

My phone number is

If you need support due to Coronavirus 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 (for free!)

 To ensure we maintain social distancing restrictions I will be avoiding physical contact (2m), not entering your home, washing my hands and leaving any items on your doorstep.

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