

**HELLO!**



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**HELLO! I'M ONE OF YOUR NEIGHBOURS AND IF YOU'RE SELF-ISOLATING I'D LOVE TO HELP YOU!**

My/Our name(s) is/are .....

I/We live locally at .....

My phone number is .....

If you are self-isolating with COVID-19, We/I would love to help with:

- Picking up shopping, prescriptions or other urgent supplies (and dropping them at your door, to avoid physical contact)
- A friendly phone call

Please call or text me/us and I/we will do my/our best to help you (for free!)

I/We are also part of a local church called Vineyard 53. You can contact them by emailing [hello@vineyard53.org](mailto:hello@vineyard53.org) .



[vineyard53.org](http://vineyard53.org)



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