

It is undoubtedly an uncertain and perhaps scary time for the most vulnerable in our society. So lets spread some kindness and help one another during this period.

If you are unwell or self-isolating and you need some help picking up supplies, or if you need someone to talk to, please call or text. I am happy to help if I can.

My name is:

My phone number is:

Coronavirus is contagious. Please take every precaution to ensure you are spreading only kindness. Avoid physical contact (2m distance). Wash your hands regularly for 20 seconds. Items should be left on doorsteps.

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