



If you are self-isolating. I can Help

My name is

My phone number is

I live locally at

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

- Picking up shopping
- Posting mail
- Prayer
- A friendly phone call
- Urgent supplies

Coronavirus is contagious, therefore, I will take every precaution to ensure I'm spreading only kindness. I will seek to avoid physical contact (6ft distance), wash hands regularly, and leave any items on you doorstep.

"Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid." — Jesus Christ



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