



**Are you self-isolating?
I would love to help**

My name(s):

I/We live locally at:

My phone number is:

If you are self isolating due to Coronavirus (Covid-19) I can help with:

- Picking up shopping, posting mail or other errands
- A friendly phone call
- Prayer

Just phone or send me a text message using the number above

*Cast all your anxiety on God because He cares for you
(1 Peter 5:7, from the bible)*



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