

**HELLO! I'm a Christian living nearby. If you're self-isolating, I'd love to help.
We will get through this together!**

My name is _____

I live nearby at _____

My phone number is _____

If you're self-isolating or need support due to coronavirus (COVID-19) I can help with:

- Praying for you Regular phone check-in with you
- Praying for a loved one Picking up shopping
- Urgent supplies Arranging deliveries
- Help topping up your electricity or gas Posting mail

Please call or text me directly and I will do my best to help (for free!)

Coronavirus is highly contagious. Take every precaution to ensure we are spreading only kindness.
Avoid physical contact (keep a 2-meter distance - roughly 3 steps). Wash hands with soap.
Items should be left on the doorstep. Thank you! **#LoveYourNeighbour**

"Love your neighbour as yourself" Matthew 22:39

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