Hello! If you are self-isolating, I can help.

Dear Neighbour,

If you’re self-isolating due to Coronavirus, you may need some help getting things to your door. We have some volunteers that can help!*

My name is

My phone number is

My email is

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

- Picking up shopping
- Posting mail
- A friendly phone call
- Urgent Supplies

Just call or text me and I’ll do my best to help you

Just because you’re self-isolating, doesn’t mean you’re alone...

www.LoveForAllHatredForNone.org

*If you need medical advice please follow government guidelines on https://www.nhs.uk/conditions/coronavirus-covid-19