

## #viralkindness

Local Volunteer Community Group have set up a support group if you're self isolating and need help.

Please contact the group coordinator

**Wendy Hesbrook** on **07921 255598** for further details.

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

**My name is**  
.....

**I live locally at**  
.....

**My phone number is**  
.....

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

- |  |  |
|--|--|
| <input type="checkbox"/> Picking up shopping   | <input type="checkbox"/> Posting mail    |
| <input type="checkbox"/> A friendly phone call | <input type="checkbox"/> Urgent supplies |

Just call or text me and I'll do my best to help you (for free!)

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

**#ViralKindness**