

Those who can offer help, fill out their contact details and leave the cards with their neighbors. Thank you for spreading a little love at this time.

HELLO! I AM YOUR LOCAL NEIGHBOR.

IF YOU ARE SELF-ISOLATING, I CAN HELP.

My name is:

.....

I live locally at:

.....

My phone number /email address 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, text or email and I'll do my best to help you (for free!)

Note to those handing out cards: Coronavirus is contagious. Please take every precaution to ensure you are spreading only kindness. Avoid physical contact (3-6 feet), and wash your hands regularly. Items should be left on the doorstep.