## If you are self-isolating, I can help. My phone number is My name is I live locally at If you are self-isolating due to COVID-19 I can help with: Picking up shopping Prayer Posting mail A friendly phone call Urgent supplies Just call or text me, and I'll do my best to help you (for free!) Coronavirus is contagious; therefore I will take every precaution to ensure I'm spreading only kindness. I will seek to avoid physical contact (2m distance), wash hands regularly, and leave any items on your doorstep. "Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid." - Jesus Christ

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