

Hi, if you'd like some assistance, I'm a neighbour and would be happy to help.

My name is:

My phone number is:

My email address is:

I live locally at:

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

- Urgent supplies (medication etc)     Running errands (posting mail, picking up parcels)  
 Grocery shopping     A friendly phone call

Jesus said *"Come to me all you who are weary and burdened,  
and I will give you rest."* - Matthew 11:28

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