

Hello

If you are self-isolating, I can help.

My name is _____ My phone number is _____

I live locally at _____

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

- Picking up shopping/prescriptions Posting mail Prayer
 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. West Highland Church invites you to join us for our online services on Sundays at 11:00 A.M. Visit westhighland.org for more information.

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