

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

My name is

.....

I live locally and you can contact me by

.....

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

Picking up basic shopping

Posting mail

A friendly phone call

Urgent supplies

Just contact 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.**

If you require any further support Alton Churches can be contacted through this email address which will be checked daily.

[AltonChurches@gmail.com](mailto:AltonChurches@gmail.com)