

# Hello!

My name is: .....

I live nearby at: .....

You can call me on: .....

## Are you self-isolating and staying at home?

If you are, that doesn't mean you're alone. I'm here to help if you need.

Don't hesitate to call me — it's important that we all look after each other.

These are things I can do to make this time easier for you:

- |   |  |
|---|--|
| <input type="radio"/> Pick up and deliver groceries | <input type="radio"/> Pick up & deliver prescriptions  |
| <input type="radio"/> Chat to you on the phone      | <input type="radio"/> Help with other errands or tasks |



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