



Hello

If you are self isolating, I can help

Just call or text me and I'll do my best to help you

My name is:

I live locally at:

My phone number is:

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

- | | |
|--|--|
| <input type="checkbox"/> Picking up shopping | <input type="checkbox"/> Posting mail |
| <input type="checkbox"/> A friendly phone call | <input type="checkbox"/> Urgent supplies |

Please be aware of scams. I will not ask for money upfront and will provide receipts.

Avoid physical contact (2m distance). Items should be left on your doorstep.

For further guidance visit:

- www.gov.uk/coronavirus
- www.nhs.uk/conditions/coronavirus-covid-19



buckinghamshire.gov.uk/coronavirus



BucksCouncil