

# Friendly Neighbour Support Postcards

Simply cut out, complete and share the kindness

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

My name is \_\_\_\_\_

I can help here (location) \_\_\_\_\_

My phone number is \_\_\_\_\_

I can help with things like picking up and dropping shopping or even just a friendly phone call.

Give me a call or send a text and I'll do my best to help you.

Coronavirus is contagious. Please take every precaution to ensure you are sharing only kindness. Avoid physical contact, wash your hands regularly and leave items on your doorstep.

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