Hello! If you are self-isolating, I can help.	Hello! If you are self-isolating, I can help.
My Name is	My Name is
1 1 1	
I live locally at	I live locally at
My phone number is	My phone number is
If you are self-isolating due to COVID-19 I can help with:	If you are self-isolating due to COVID-19 I can help with:
Picking up shopping Posting mail	Picking up shopping Posting mail
A friendly phone call Urgent supplies	A friendly phone call Urgent supplies
Just call or text me and I'll do my best to help you (for free!)	Just call or text 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. #ViralKindness	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. #ViralKindness
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