My name is:	My contact # is:	
live locally at :		
f you are self-isolating o	lue to COVID-19, I can help	with:
Picking up groceries	Posting mail	
A friendly phone call	Urgent supplies	

If you are self isolating. I can help!		
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l live locally at :		
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Just call or text me and I Coronavirus is contagious. P are spreading kindness. Av your hands regularly.	lease take every precautio	n to ensure you stance). Wash

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