

Hello

**If you are anxious or self-isolating,
we can help.**

My Name is: _____

My contact number is: _____

I am a member of the local church community.

If you are anxious or self-isolating due to COVID-19 we can help you with:

- Picking up shopping
- Prayer
- Posting mail
- Collecting prescriptions
- A friendly phone call
- Urgent supplies

Just call or message me, and I'll do my best to help you (for free!)

Coronavirus is contagious; therefore I will take every precaution to ensure I'm spreading only kindness. I will seek to avoid physical contact (2m distance), wash hand regularly, and leave any item on your doorstep after knocking.

"Peace I leave you; my peace I give you. I do not give to you as the world give. Do not let your hearts be troubled and do not be afraid." -Jesus Christ

John 14:27

