



# SELF-ISOLATING?

I'D LOVE TO HELP

My name is:

I live locally at:

My phone number is:

If you are self-isolating due to Coronavirus (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 |
| <input type="checkbox"/> Prayer                | <input type="checkbox"/> Other errands   |

*"Cast all your anxiety on God because he cares for you." (1 Peter 5:7, the Bible)*



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