

HELLO! IF YOU ARE SELF-ISOLATING I CAN HELP

MY NAME IS

I LIVE LOCALLY AT

MY PHONE NUMBER IS

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If you are self-isolating due to COVID-19 I can help with

- | | |
|--|--|
| <input type="checkbox"/> Picking up shopping | <input type="checkbox"/> A friendly phone call |
| <input type="checkbox"/> Posting mail | <input type="checkbox"/> Urgent supplies |

*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.

With love and prayers from St. Nicholas Laindon

For more details please contact Fr. Andrei
Email: office@stnicholaslaindon.org.uk
Office: Tel: 01268 411190

**Please contact us if you wish to volunteer
to spread kindness and help others.**

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