

# Hello!

If you are self-isolating, I can help

My name is .....

I live locally at .....

My phone number is .....

Just call or text me and I'll do my best to help you. (for Free)

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

- Urgent Supplies
- Picking up shopping
- A friendly phone call
- Posting Mail
- Praying together
- Watching Mass online

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