



# Friendly Neighbour Support Postcards

Simply cut out, complete and share the kindness

## Good day!

If you are self-isolating, I can help...

My name is \_\_\_\_\_

I can help here (location) \_\_\_\_\_

My phone number is \_\_\_\_\_

*I can help with things like picking up and dropping shopping or even just a friendly phone call. Give me a call or send a text and I'll do my best to help you.*

**Coronavirus is contagious. Please take every precaution to ensure you are sharing only kindness. Avoid physical contact, wash your hands regularly and leave items on your doorstep.**

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