



# Hello! - I'm/We're here to HELP!!

Name of Helper/Organisation.....

My/Our telephone number is.....

If you are self isolating or have been advised to isolate I/We can help with the following:

- |  |  |
|--|--|
| <input type="checkbox"/> Shopping/Urgent supplies    | <input type="checkbox"/> Prescription Collection |
| <input type="checkbox"/> Taking your dog for a walk  | <input type="checkbox"/> A telephone call        |
| <input type="checkbox"/> Posting of Letters or Cards | <input type="checkbox"/> .....                   |
| <input type="checkbox"/> .....                       | <input type="checkbox"/> .....                   |

I/We are available during the following times  to

**COVID-19 #Coronavirus is contagious and as such we cannot make physical contact. Please wash your hands regularly/wear gloves. We will knock and wait for you to answer.**

**A safety password will be given to you prior to our visit, which is unique to you and the volunteer.**