

Self-isolating need not mean social isolation. *Need help?*

OFFERING HELP—Fill in these, cut them out and drop through your neighbours' letterboxes. If they are being socially responsible and staying in, you could support them by getting essentials/prescriptions for them, being a listening ear or simply human contact over the phone. Not everyone has social media. People might be concerned and not know where to turn; they may be feeling alone or frightened by the incoming news. Let's all **Be Kind** and **Be Good Neighbours**. Stay safe everyone.

NEED HELP— Hopefully a neighbour will give you their details. Also, the Rev Dean is offering help from the Church—contact them via email: office@bmmr.church or ring **02921 880 212**.

*We will do our best to produce our regular newsletter (end of March, April).
If we are not able to, we will be back as soon as we can!*

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

My name is

I live locally at

My phone number is

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

Picking up shopping

Posting mail

A friendly phone call

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. **#ViralKindness**

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