

Fellow 'Lower-Beedingers', Hello!

My Name is \_\_\_\_\_

I live locally at \_\_\_\_\_

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

Or \_\_\_\_\_

If you are self isolating or are in need of any help, I would like to offer my services in the following:

- |                    |                         |
|--------------------|-------------------------|
| - Pick up shopping | - A friendly phone call |
| - A hot meal       | - Urgent supplies       |
| - Walk your dog    | - Child sitting         |
| -                  | -                       |

Please text or call me and I will try my best to help (for free)!

We are all in this together, and we are more than happy to support each other so please don't hesitate to reach out!

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