

**yHELLOw If you are self-isolating, I would like to help.**

My name is .....

I Live at .....

My Phone no 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

I have registered with Beeford Parish Council confirming that I would like to help

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

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