

If possible, please join **Pembury Matters** Facebook page for up to date information on Pembury

**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:**

- |  |  |
|--|--|
| <input type="checkbox"/> Picking up shopping   | <input type="checkbox"/> Posting mail    |
| <input type="checkbox"/> A friendly phone call | <input type="checkbox"/> 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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