

Please also consider filling in and dropping off the blank form below for me or another neighbour, so everyone has a helpful local contact if they need to self-isolate.

hands regularly. Items should be left on your doorstep.

Hello! If you are self-isolating I can help.

I live a	ame is at none number is		
If you	If you are self-isolating because of COVID-19 I can help with:		
	icking up shopping osting mail		A friendly phone call Urgent supplies
Just call or text and I'll do my best to help you (for free).			
Alternatively, councillors from Marton Parish Council can help. Contact Helen on clerk@martonvillage.com or 01926 633 338.			
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.			

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