

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

My name is _____
I live at _____
My phone number is _____

If you are self-isolating because of COVID-19 I can help with:

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

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.

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