



CORONA VIRUS



If you need to isolate yourself, **THE GOOD NEIGHBOUR SCHEME** will try to help in any way we can.

- Meals: We can deliver a hot meal to you from the Golf Club any weekday.
- Transport to medical appointments
- Fetching prescriptions
- Grocery deliveries from Tillington Stores
- Telephone chats

If you need help or would like more information, contact Joe, tel: 760816, or email: jfhelme@gmail.com

A PLEA FOR HELP

At present we are able to cope with requests for meals and help with trips, but as many of our volunteers are over 70, we may become short of drivers if the present situation deteriorates. If you are under 70 and are able to give us the occasional help with deliveries or trips, please let me know.

Contact Joe on 760816 or email: jfhelme@gmail.com

#VIRALKINDNESS

If you are able to help neighbours, you could use the following template to make a card to put through their letter box.

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:

- Picking up shopping
- Posting mail
- A friendly phone call
- 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.