Hello! If you are self-isolating I can help!	Hello! If you are self-isolating I can help!
My name is	My name is
I live locally at	I live locally at
My contact number/whatsapp is	My contact number/whatsapp is
If you are self-isolating due to COVID-19 I can help with	If you are self-isolating due to COVID-19 I can help with
□ picking up shopping□ a friendly phone call□ urgent supplies□ posting mail	☐ picking up shopping ☐ a friendly phone call ☐ urgent supplies ☐ posting mail
Just call or message me and I'll do my best to help you (for free!)	Just call or message me and I'll do my best to help you (for free!)
Coronavirus is contagious, please take every step to avoid physical contact with others if you have symptoms for 7 days. Wash hands and surfaces regularly. Items should be left on your doorstep.	Coronavirus is contagious, please take every step to avoid physical contact with others if you have symptoms for 7 days. Wash hands and surfaces regularly. Items should be left on your doorstep.
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f facebook.com/essexcoronavirusaction ✓ twitter.com/essexaction ✓ twitter.com/essexaction ✓ o345 603 7630 (08:45-16:30) ✓ socialcaredirect@essex.gov.uk	f facebook.com/essexcoronavirusaction To contact Essex Adult Social Care ✓ twitter.com/essexaction ✓ 0345 603 7630 (08:45-16:30) ✓ socialcaredirect@essex.gov.uk
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My name is I live locally at My contact number/whatsapp is If you are self-isolating due to COVID-19 I can help with picking up shopping a friendly phone call urgent supplies posting mail Just call or message me and I'll do my best to help you (for free!) Coronavirus is contagious, please take every step to avoid physical contact with others if you have symptoms for 7 days. Wash hands	My name is I live locally at My contact number/whatsapp is If you are self-isolating due to COVID-19 I can help with picking up shopping a friendly phone call urgent supplies posting mail Just call or message me and I'll do my best to help you (for free!) Coronavirus is contagious, please take every step to avoid physical contact with others if you have symptoms for 7 days. Wash hands