

Hello!



My name is

.....

I live at

.....

My phone number is

.....

If you're interested, I plan on setting up a street WhatsApp group for introductions, tool sharing, childminding or dog sitting, leftover food, trade swaps...and a whole lot more! Send me your number and I'll make sure to add you.

Are you self-isolating? I can help with...

- Picking up food or urgent supplies**
- A friendly phone call**
- Posting mail**
- Dog walking**
- Urgent supplies**

Spread the kindness not the virus. Avoid physical contact (2m distance). Wash your hands before touching or delivering this note. Inspired by #ViralKindness. Made by **The Loneliness Lab**. To download this note visit: <https://bit.ly/LabCovid19> #timetocare