

Hello! If you are self-isolating and/or need support, I can help.

My name is _____

I live at: _____

My phone number is: _____

I can help with:

Picking up shopping or medications

Urgent supplies

A friendly phone call

Anything else?

Just call me or text me and I'll do my best to help you (for free).

There is also a private Facebook group for support: Darlington Community Care.

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 at your door.

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