

Hello!

My name is:

I live nearby at:

You can call me on:

Are you self-isolating and staying at home?

If you are, that doesn't mean you're alone. I'm here to help if you need.

Don't hesitate to call me — it's important that we all look after each other.

These are things I can do to make this time easier for you:

- Pick up and deliver groceries
- Chat to you on the phone
- Pick up & deliver prescriptions
- Help with other errands or tasks



ADELAIDE HILLS 100.3	SOUTH COAST 99.7	MURRAYLANDS 98.7
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