

**HELLO!** 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:**

- |  |  |
|--|--|
| <input type="checkbox"/> Picking up shopping   | <input type="checkbox"/> Posting mail    |
| <input type="checkbox"/> A friendly phone call | <input type="checkbox"/> 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.

**#ViralKindness**

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If you would like any further information on community assistance/services during this time, or would like to volunteer in your community, please contact us at Clackmannanshire Third Sector Interface (CTSi) via phone, email or Facebook, and we can signpost you to the most appropriate group/organisation.

 01259 213 840


 [admin@ctsi.org.uk](mailto:admin@ctsi.org.uk)

 @VolunteeringClackmannanshire


CTSi Company Number: 396838 CTSi Charity Number: SC042543



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