Are you self-isolating?

Can we help?

Let us know if you are self-isolating and would like assistance picking up medication, shopping or just staying in touch

Please phone or text with the word **ASSISTANCE** to **07803 293 221** with your name, phone number and address and we will try to put you in contact with a volunteer who will be able to help

We will reply as soon as we can to acknowledge receipt.

**Coronavirus is contagious. Please take every precaution to ensure you are only spreading kindness. Avoid physical contact (2m distance). Wash your hands regularly. Items should be left on doorsteps.**

**EASTON PARISH COUNCIL**

Can you volunteer?

Are you able to spend a few minutes helping a neighbour who is self-isolating, this may be picking up medication shopping or just keeping in touch. If you can help please let us know.

Please phone or text with the word **VOLUNTEER** to **07803 293 221** with your name and phone number and if needed, we will put you in contact with someone in need of assistance

We will reply as soon as we can to acknowledge receipt.