

Hello! Can I help?

Dear Neighbours,

My name is

I belong to the parish of **St. Gabriels**

And live at

My phone number is

Our church community is mindful of the impact of the Covid-19 and want to make sure that people living nearby aren't left isolated or in need. I am not able to offer medical advice or assistance but can:

- Deliver a home cooked meal to your door or safe place
- Provide support and a friendly chat on the telephone
- Pick up shopping / post mail / urgent supplies
- Just call or text me and I'll do my best to help you (for free!)

Please be assured of our prayers.



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.