

TO ALL EAST FARLEIGH RESIDENTS  
**DO YOU NEED HELP?**

If you need to self-isolate soon (or already are) and do not have a support network, we can help.

This is a volunteer service being organised by Roseanna Smitherman-Cairns and Hannah Ashcroft for any elderly or vulnerable East Farleigh residents.

We are happy to help with:  
Picking up Shopping  
Picking up Medicine  
Posting Mail  
Walking a Dog  
Or simply a Friendly Phone Call

To ensure that all we are spreading is kindness, any collections and deliveries will be a doorstep service.

If you need help either now or in the coming weeks, please contact us.  
We will do our best to help you.

Please contact Roseanna on 07885 038272 or  
Hannah on 07968 202909

Please also contact us if you would like to volunteer to help.