



**Hello, if you are Self Isolating or are over 70 and would prefer not to go shopping –
We can help ... We are the Parish Council!**

**If you are Self Isolating due to COVID- 19
We Can help with:**

**Picking up Shopping / A Friendly Phone Call /
Urgent Supplies / Posting Mail**

Just Call or Text and we'll do our best to help – (for Free)

Help Coordinator - Peter Heath (Parish Councillor)
Who lives in the Village on Watton Road
Contact Numbers Home 01760 756412: Mobile 07515
260160 (This is the PRIMARY number.)

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

**If you are not in Isolation and wish to help in anyway,
please contact Peter for further information**