

Hello! I'm your neighbour, and if you're self-isolating and have no close family or support - I'm happy to help in any way I can.

My name is _____

I live at _____

My phone number is _____

If you are self isolating due to COVID-19 and have no close family or support network, I can help you with:

- **Picking up some shopping for you**
- **Posting mail**
- **A friendly phone call**
- **Helping with urgent supplies**

Feel free to call or text me and I'll do my best to help you - for free of course!

Let's remember that we need to take every precaution to make sure we are spreading only kindness. It's important that we follow Government advice to help contain the coronavirus.

Caerphilly county borough's community spirit is strong - and together we'll get through this. If you have no close family, feel isolated and have no support network, I would be more than happy to help in any way I can.

Team Caerphilly
BETTER TOGETHER

While this card has been produced by Caerphilly County Borough Council to help facilitate the community response to COVID-19, the council is not held responsible for actions of

Mae'r ddogfen hon ar gael yn Gymraeg, ac mewn ieithoedd a fformatau eraill ar gais. This document is available in Welsh, and in other languages and formats on request.

**Due to the urgent nature of this communication,
the text is provided in English only.**