

HELLO! If you are self-isolating, I can help.

My name is

.....

I live locally at

.....

My phone number is

.....

If you are self-isolating due to COVID-19 I can help with:

Posting mail

Urgent supplies

A friendly phone call

Other

Just call or text me and I'll do my best to help you (for free!)

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.

For updates, visit emmahardy.org.uk or [facebook.com/EmmaHardyHullWestandHessle](https://www.facebook.com/EmmaHardyHullWestandHessle)

Printed by Ed Washer on behalf of Emma Hardy MP at the The Octagon, Walker Street, Hull HU3 2RA

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