Hello!

If you are self-isolating with Coronavirus I can help!

My name is: _____

I live locally at: _____

My phone number is: _____

I am normally available at these times:

Mon-Fri _____

Weekends _____

I can help with:

Shopping: Yes / No

Cooking: Yes / No

Collecting prescriptions: Yes / No

Dog walking: Yes / No

Other tasks (just ask!): Yes / No

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

I will not enter your home - so I will ring your doorbell and leave your items on your doorstep.

Please make sure that you have money available to pay for your shopping.

Coronavirus is contagious. Avoid physical contact! Keep your distance from others. Catch your coughs and sneezes! Wash your hands regularly.

Google 'NHS Wales Coronavirus' for advice. You can also telephone 111 for assistance - but NHS Wales asks that you do not call if your symptoms are mild.

This postcard is designed to bring together people who live on the same street. Be wary of strangers from further away.

Volunteer instructions

1. Fill in your details overleaf
2. Indicate overleaf the services you can provide (deleting yes or no, as appropriate)
3. Post to houses on your street
4. Don't worry if some of your neighbours are also posting these. The more the merrier!
5. Be sure to have some ID to hand, so the self-isolator can check who you are.
6. Help the best you can! Good luck - and thank you!

For the Self-isolator

1. You have a neighbour able to help you if you are self-isolating!
2. Ring the number he or she has provided - and explain what you need.
3. Please be ready to pay for any shopping
4. Don't let the volunteer into your house. You are self-isolating!
5. For health advice, see overleaf for the information available from NHS Wales.

This postcard is published by Radyr and Morganstown Community Council for use by volunteer helpers during the Coronavirus outbreak. The work undertaken by volunteers is done independently of the Council.