



Hello -if you are self-isolating, we can help...

You have neighbours and friends who will do everything we can to help.

We did a leaflet drop on 18<sup>th</sup> March 2020 to make people aware of the contact details of Monyash volunteers who can make themselves available to help you; eg:-

- Picking Up Shopping
- Posting mail
- A friendly phone call
- Urgent Supplies

If you can help or need some help, please refer to the leaflet we posted or get in touch via the Clerk of the Parish Council at <https://monyash.info/parishcouncil.php> and she will put you in contact with the volunteer group.

Coronavirus is contagious. Please take every precaution to ensure your are only spreading kindness. Avoid physical contact (2 metre distance). Wash your hands regularly. Please keep informed of current government advice, keep safe but don't forget we are all just a phone call away.