

Hello

if you are
self-isolating
I can help...



My name is:



I live locally at:



My tel number is:



My email is:

If you are self-isolating due to COVID 19

I can help with the following:

- Urgent supplies Pick up shopping
- Posting mail A friendly phone call

Get in touch and I'll do my best to help.



Sign up for regular Coronavirus Updates from

East Ayrshire Council here: eastayrshi.re/stayconnected

For any health concerns check: nhsinform.scot