

# Verwood Coronavirus Community Support Group 2020

**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:**

- |  |  |
|--|--|
| <input type="checkbox"/> Picking up shopping   | <input type="checkbox"/> Posting mail    |
| <input type="checkbox"/> A friendly phone call | <input type="checkbox"/> Urgent supplies |

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.**

**#ViralKindness**

We are a group of volunteers in the community that have joined together to assist residents that may be vulnerable. We can assist with the following, please call the relevant phone number if you require support.

Please contact the following numbers for support, advice and assistance:

### **Medical Advice & Support**

(A team of professionals)

07903 728547

07903 728550

### **Shopping Collection**

07903 728552

07903 728556

07903 728557

07903 728558

### **Prescription Collection**

07930 219010

### **Dog Walking**

07930 219021



You can also find helpful information on our Facebook page.

Please search for Verwood Coronavirus Community Support Group 2020

**This support group is run entirely by volunteers, use at your own discretion.**

*We only hold onto your information for the purpose of assisting you with your request. By contacting us, you agree to this.*