



Astwood Bank Neighbours Group

An offer of help in response to COVID-19:

If you are **self-isolating** or a **key worker** and need someone to help you in some way, then we are here to help.

Get in touch if you would like assistance with:

- ✓ **Shopping for groceries** (subject to availability in the local shops)
- ✓ **Collecting and delivering prescriptions**
- ✓ **A friendly phone call**
- ✓ **Running local errands**

Please call us 7 days per week from 9am-5pm

07513 015557

astwoodbankneighbours@gmail.com

or via our Facebook group 'Astwood Bank Neighbours'

We are your local neighbours and not a professional body – we will do our best to help you where possible, whilst keeping ourselves safe at the same time.

We will follow current government guidelines regarding hand washing and social distancing and request that you do the same 😊

IF YOU ARE SELF ISOLATING & NEED SOME SUPPORT, PLEASE GET IN TOUCH!

We are here to help you!