





1.	Fill out this postcard with your
	details and what assistance you
	can help with

2. Leave in letterboxes around your community

- 3. You'll be contact by those in need
- 4. Share the care

/y name is:			
live locally at:			
My phone number is:			
f you need support I can help with:			
Picking up shopping	Posting mail		
A friendly phone call	Urgent Supplies		
Other:			

#sharethecare

#pyreneescommunitycan

Corona virus is contagious. Please take every precaution to ensure you are spreading only kindness. Avoid physical contact (1.5m distance). Wash your hands regularly. Items should be left on your doorstep. Care for one another and share your stories



