

**If you are self-isolating due to COVID-19 I can help with the things I have ticked below:**

* ***Posting mail***  ***Urgent supplies***
* ***Picking up shopping***  ***A friendly phone call***

**Just phone / text me and I’ll do my best to help you. Please let me know where to leave any supplies (i.e. doorstep/shed). I want to stay well so I can help you, so we should keep a little distance between us **

**My name is: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**My mobile is: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**I live locally at: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

*This is not a led initiative and is basically communities wanting to work together to help each other during a time of need. It is being promoted by Community Led Support Western Isles and co-ordinated by Urras Oighreachd Ghabhsainn.* **P.T.O**

Hello!

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Hello

. **What is this all about?**

This is basically just neighbours wanting to help each other out and spread a little kindness during a challenging time. This is not a service to replace emergency services or other support services, but as a community we want you to know that someone will be around to help with some of the smaller things. Staying connected is critical and we all just want to spread a little kindness and to let you know you matter!

**Helpful information if you live in the Galson Estate**

**Whatsapp Group**

A Whatsapp group has been set up for each village on the estate. The Whatsapp group will allow residents to stay in touch, offer support, seek support and generally stay connected. If you would like to be added to the Whatsapp group for your village, please message **INSERT A CENTRAL MOBILE NUMBER** and **specify your name and village.** The group is for many people from your village, so please be mindful of not posting lots of details. Just ask for help and someone in the group will get in touch for the specifics of your request.

**Coronavirus is contagious. I will follow Scottish Government guidelines in relation to hygiene practices.**

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