

PeriAid : Neighbours, not strangers

My name is

.....

I live locally at

.....

My phone number is

.....

If you are isolating at home due to COVID 19 I can help :

- Picking up shopping
- Posting letters
- Collecting prescriptions
- A friendly phone call

Just phone or text me and I will do my best to help.

This is a community effort, there is no charge.



PeriAid : neighbours not strangers

PeriAid is a community initiative to help Pirbright residents support each other. Our aim is that people contacting you will be someone you know, either a neighbour or member of a club or society.

If someone contacts you that you don't know, we can help you to check that they are genuine. Contact Lindsay Graham on 01483 476432 or pirbrightparishcouncil@yahoo.co.uk

- Coronavirus is contagious. Please take every precaution to ensure you are spreading only kindness. Avoid physical contact (2m distance). Wash your hands regularly and clean surfaces and door handles with hot water and household cleaner. Items should be left on your doorstep.**
- Please don't give your bank or credit card and pin number to anyone**
- Please don't use this service for medical advice and help, instead go to [nhs.uk/conditions/coronavirus-covid-19/](https://www.nhs.uk/conditions/coronavirus-covid-19/).
If your symptoms get worse after 7 days call 111.**