



Hello, if you are self-isolating we'd love to help.

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has a helpline. Tel:

You can call for a friendly chat or to ask us to arrange for a named person who can collect urgent supplies, post mail or pick up shopping for you. Please also accept this gift of the *Hope for All magazine*.

We are aware that Coronavirus is contagious and every precaution has been taken to ensure we are spreading only kindness.

God is our refuge and strength, an ever-present help in trouble. Therefore we will not fear

Psalm 46:1-2



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