

Coronavirus: Help and Support

If you are self-isolating because of coronavirus we can help you.

Give us a call if you need help with things, such as:

- Picking up shopping
- Posting Mail
- Getting urgent supplies



We are a group of volunteers covering **Bowthorpe, New Costessey, Drayton and North Earlham and West Earlham**. If you live outside those areas give us a call and we can put you in touch with a volunteer in your area.

Please contact us by:

- **Going on Facebook and joining the group NR5: Helping Hands to ask for help or to offer help to others.**
- **Calling Chris: 07921 574315**
- **Calling Marie: 07740 897377**