**People are self-isolating, CAN YOU HELP?**



Barrow Cum Denham Parish Council & Good Neighbours

Please return this form by post to: Barrow Cum Denham PC, 12a Simpson Way, Barrow, Bury St Edmunds, Suffolk IP29 5EA or email to: barrowcumdenhampc@gmail.com

[www.barrowcumdenhampc.com/coronavirus-covid-19/](http://www.barrowcumdenhampc.com/coronavirus-covid-19/)

We will not share your details with any outside organisations or marketing companies however by submitting the form you are agreeing to have your details passed onto Good Neighbours and additional volunteers.

Let us know if you can help:

Name:…………………………………………………Contact number:……………………………………...…...

Address:…………………………………………………………..Email:………………………….……………….

What could you help with? ………………………………………………………………………………………...

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When are you available?.............................................................................................................................

We are looking for volunteers to help the vulnerable in the Parish:

· Collecting some shopping? · A friendly phone call

· Collecting Medicines · Posting Letters

· Dog walking

To join the village WhatsApp group please enter your mobile number …..…………………………………………………………...