

A friendly neighbour will happily help:

Barrow Cum Denham Parish Council & Good Neighbours

**If you are self-isolating, WE CAN HELP.**

Let us know how we can help you:

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

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

What would you like help with? ……………………………………………………………….…………………..

…………………………………………………………………………………………………………….…………..

When would you like help?..….………………………………………………………………………………..…..

· Do shopping for you. · Post your letters

· Pick up emergency supplies (medicines etc) · Dog walking

· Arrange a chat over the phone.

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

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.