

Hello! If you are self isolating we can help

Innerwick Parish Welfare Association in conjunction with **Dunglass Parish and East Lammermuir Community Council** are here for you in this time of uncertainty as we face the effects of COVID-19 together. We are local people here to help you.

Please email: innerwickcovid@gmail.com

Phone/txt : 07562 523 904 (Dedicated phone held by Suzie Fletcher)

if you require help with:

- Picking up shopping
- Urgent supplies
- Posting mail
- Information and advice
- A friendly phone call

PLEASE KEEP THESE DETAILS TO HAND. DO NOT DISCARD.

'Individually we can contribute, collectively we can make a lasting difference'

Coronavirus is contagious. Please take every precaution to ensure you are spreading only kindness. Avoid physical contact (2m distance). Wash your hands regularly. Items should be left on your doorstep