



## Do you need a helping hand during this freezing weather?

If you are finding it hard to get out and need someone to help:

- pick up your shopping or prescription
- top up your electricity or gas card
- help clear your footpath

**Give us a call on  
07958789513 or 07958789135**

Between 9:30am-3:30pm

This **free** service is offered by Playbusters and Urban Fox, two local community groups, and

all our staff and volunteers are all disclosure checked and keen to give you a helping hand.





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