

# Muckhart Lend a Hand here for you

If you are shielding and need help with anything  
please contact us

Please telephone **Fran McNicoll**  
on **01577 842277** or **07732232694**

**We can help with:**

- 👉 Picking up Shopping
- 👉 Posting Mail
- 👉 IT help
- 👉 A friendly phone call
- 👉 Urgent Supplies
- 👉 small tasks DIY

We have a team. Just text or call and we will do our best to help you

Find us on  **Muckhart Lend a Hand**

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.

*#viralkindness*



**For further info contact:**  
muckhartchurch@gmail.com

SC009418

Thank you to Clackmannanshire Council for supporting us to produce and distribute this flyer.