

# Do you need some help?

# It's OK to ask!

The Queen Edith's Community Forum, in association with the parish churches of St John's and St James, now has a team of free volunteers across the area who can help **you** with collecting **prescriptions**, getting **shopping**, walking your **dog**, posting **mail**, providing **IT advice** or even just calling on the phone for a friendly **chat**.

**If you need some help, call us  
and leave a message:**

**01223 641 012**

Please do not use this line for emergencies, for medical advice or information, or  
for support services provided by our local councils.



**HAPPY TO HELP**