



Sunflowers Mental Health
& Well-Being CIC

***Hello!* If you are self-isolating we can help!**

We are local volunteers from the facebook page 'Hailsham Crisis Team' who want to support those elderly and vulnerable during this difficult time.

If you are self-isolating due to COVID-19 we can help with:

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

Please contact us via mobile or email 😊

Contact details: M: 07851963253

E: Sunflowersproject@outlook.com

Coronavirus is contagious. Please take every precaution to make sure you are only spreading kindness. Avoid physical contact (2m distance). Wash your hands regularly. Items will be left on your door step and you will receive a message once they have been dropped off.

We wish you a speedy recovery. Best Wishes. Team Sunflowers