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**Author:** Anonymous, 84 years old

**“My neighbours have always been wonderful”**

“It’s been so difficult. I’ve lost all of my help. I no longer have anybody helping me to clean the house and my neighbour cannot come to wash my hair. She is a nurse and she used to help me and now, she is scared of making me sick. My neighbours have always been wonderful. They get my weekly grocery order and help out. They are a big help.”