

Hawstead Community Support

If you are self-isolating due to COVID-19 and are unable to get help from friends or family we can support you with...

- Picking up shopping
- Posting mail
- A friendly phone call
- Collecting medication

Your local Hawstead volunteer contacts are below.

Call or text a helper and they will do their best to help.

If you don't get a response try another volunteer in your area.

The Green / Bells Lane

Andy Evershed 01284 386501 / 07739 083267

Andy Taplin 01284 388030 / 07768 147777

John Wetton 01284 388335 / 07854 235349

Whepstead Road

Giles Rushen 01284 386647 / 07938 810583

Ros Alexander 01284 735561 / 07825 831541

John Shipley 01284 388594 / 07721198679

Gemma Snell 01284 388039 / 07792 792260

Lawshall Road

Phil Baker 01284 388743 / 07958 307117

Andy Parrett 01284 386531 / 07530 919340

Christine Gossett 01284 386764 / 07795 150450

Jeff Cooper 07917 584087

Pinford End

Henry Brewis 01284 386004 / 07769 696622

Stephen Beahan 01284 388192 / 07900 492503

Phil Battell 01284 386 793 / 07771 648770

Ali Bovill 01284 761538 / 07818 416944

Lorna Mayes 07717 391834

The Pound

Clive Robinson 01284 388082 / 07796 271716

Nikki Brown 01284 388909 / 07845 529888

Rosie Donald 07733 017783

Susanne White 01284 388166 / 07887 591853

Alan Brown 01284 386567 / 07809 388688

Please be aware of any possible scammers taking advantage at this time.

Our volunteers will not cold call you.

Items will be left on your doorstep at a safe distance.

Make sure you have cash available to pay the helper for your shopping.

If you want to be a volunteer helper contact John West 01284 388732 / 07769 290649

Coronavirus is highly contagious. Please take every precaution possible.

Avoid physical contact (keep at least 2 metres distance).

Wash your hands regularly with soap and water for at least 20 seconds.

For further information about coronavirus visit: www.nhs.uk/coronavirus