

# 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 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 / 07721 198679

**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

**James Carr** 01284 386245 / 07920 806189

**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.

The volunteers will social distance at all times.

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

**Coronavirus is highly contagious. Please take every precaution possible.**

**Wash hands - Cover face - Make space**

For further information about coronavirus visit [www.gov.uk/coronavirus](http://www.gov.uk/coronavirus)

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