

CORONAVIRUS (COVID-19): Help is at Hand

For those who use the internet there are a number of useful websites to store in your favourites:

- <https://www.nhs.uk/conditions/coronavirus-covid-19/> for health information and advice
- <https://www.gov.uk/government/topical-events/coronavirus-covid-19-uk-government-response> for the Government's response to the Coronavirus (COVID-19)

Locally, there are useful social media groups which offer interesting and useful information. (As always on the internet, be mindful that mis-information can also be displayed). Several parishes have Facebook pages specific to information relating to the Coronavirus and include neighbourly offers of help with errands, shopping, dog walking, etc. Such groups for Nayland with Wissington include:

- <https://www.facebook.com/groups/StokeByNaylandBoxfordLeavenheathNaylandBures/> - includes Nayland
- https://nextdoor.co.uk/neighborhood_feed/ - for Nayland with Wissington

There is now a Facebook page specific to: **Nayland & Wiston Coronavirus Community Group** at: <https://www.facebook.com/groups/505990626676234/> where useful information and advice will be posted by and for residents.

Community spirit prevails in Nayland and Wiston

with many people willing to help the more vulnerable in our parish.....

Name	Location	Telephone	
Emma Bishton	Willow Grove	262655	-
Gill Boardman	Willow Grove	262235	-
Catherine Burbidge	Heycroft Way	263045	07810 884965
Mark Burbidge	Heycroft Way	263045	07484 706796
Stuart Howells	Heycroft Way	07341 070765	
Sue Pilgrim	Larch Grove	263349	07941 041078
Jo Metson	Laburnum Way	07970 137118	265920
Elaine Muskett	Harpers Estate	07860 851645	
Lucy Carpenter	Bear Street	263835	
Sue Ball	Bear Street	07956 027374	262962
Helen Walder	Bear Street	07810 275836	
Helen Schalin	Bear Street	07717 766683	
Julie Clark	Bear Street	07712 050870	
Carine Wheeler	Bear Street	07816 500846	262113
Claire Buller	Bear Street	263344	
Patricia Wilkie	Bear Street	264148	
Lorna Burgin	Stoke Road	07769 665182	262161
Caroline Lowe	Stoke Road	07879 025635	
Rachel Hitchcock	Stoke Road	07788 954309	263169
Karen Newton	Stoke Road	07970 968882	
Harry Carver	Stoke Road	07975 759767	
Gill Stanton	Stoke Road	07771 858717	
Amelia Knowland	Birch Street	07990 562882	
Val Dunstan	Birch Street	07714 988779	
Charlotte Durance	Gravel Hill	07835 272947	
Marian Squire	Mill Street	07968 262471	
Mandy Cook	Fen Street	07778 588557	263210
Alexandra Duncan	Fen Street	07500 025186	
Alistair Wright	High Street	07803 703737	
Ellen Wright	High Street	07581 225182	
Katie Wright	High Street	07912 655144	
Martin Wright	High Street	07768 006546	
Maggie Ryan	Church Lane	07788 597597	263207
Jayne Kennedy	Newlands Lane	07966 252450	
Karen Freeman	Court Street	07773 402765	
Brodie Peach	Court Street	07877491239	
Jacob Stevens	- " -	- " -	
Martha Kemp	Court Street	07860 708561	
Emma Birch	Court Street	07918 738782	
Alice Whittingdale	Court Street	07769 321541	
Susie Bradshaw	Harpers Hill	07739 344551	
Drina May	Wiston Road	07845 448462	
Dawn Harris	Wiston Road	265177	
Laura Erith	Wiston	262933	
Lizzie Halim	Leavenheath	07798 915894	Works at pharmacy
Katy Dunstan	Withermarsh Grn	07743 259796	Drives
Helen Lee Smith	Shelley	07852 240215	Drives

NAYLAND & WISTON:
Local volunteers
have offered to help

YOU ARE NOT ALONE
if you need help with shopping,
a prescription, an errand run.
There are volunteers willing to help.

Telephone one of the
volunteers listed for
your area of the village.

Please follow published guidelines
regarding social contact.
Volunteers have no access to
emergency healthcare advice or practitioners.



As usual residents of our parish excelled themselves when an appeal was circulated for volunteers to assist those who may become isolated or in need, especially those who may not be on the internet to seek help.

These wonderful willing volunteers listed left, came forward. So if you need a prescription collected, an errand run or some shopping they would be pleased to help; just give one of them a ring to make arrangements.

It is worth bearing in mind that at times like this some unscrupulous people seize upon fraudulent opportunity. So beware when on the internet. Be assured that none of the listed bona fide volunteers will contact you unless you make arrangements with them first.

Help Postcards

Another method being used to help others in these troubled times is for willing volunteers to distribute help postcards to their friends and neighbours offering their help and giving their contact details.

It is then up to the recipient to make contact should they wish to do so. A sheet of these cards is included on the opposite page for those who would like to copy and distribute them to offer their neighbours help.

Keep safe

- Coronavirus is extremely contagious.
- Please take every precaution to ensure you are spreading only kindness.
- Avoid physical contact (2m distance).
- Wash your hands regularly.
- Items should be left on the doorstep.
- Do not invite anyone into your home or give payment for assistance.

Hello

If you are self-isolating, I can help

My name is

I live locally at

My phone number is

If you are self-isolating due to Coronavirus I can help with:

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

Just call or text me and I'll do my best to help you **for free!**

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