

IF YOU ARE SELF-ISOLATING YOU'RE NOT ALONE!

Are you unable (or worried) to leave your home because of Covid 19/The Coronavirus? Or do you know someone who is in this position?

Do you need someone to run errands, do your shopping, pick up a prescription, mow the lawn or walk your dog? Or are you lonely and need a friendly voice to chat to? Or maybe you are finding it increasingly difficult to feed your family. If so, we will try to help.

We are residents of Alconbury, Alconbury Weston and Upton who are getting together to help our community during this time of need.

We don't want anything in return and we won't ask you for any money.

There is a local food bank available for those facing financial hardship during the Covid 19 crisis. Please call 01480 896541 for information and/or assistance.

Overleaf is a list of our coordinators and their contact details. Their role is to contact one of our army of volunteers to help you get the help you need. Please pick up the phone and ring them so we may help you and our community get through this emergency together.

STAY SAFE

WE CAN HELP YOU WITH THE FOLLOWING

Help available	Contact	Phone number
Shopping and delivery	Liz Adams	01480 890543 07884008102
Posting letters & parcels	Liz Adams	07884008102
Collection and delivery of medicines	Jan Wall	01480 890850 07815289949
Dog Walking	Jan Wall	01480 890850 07815289949
Mowing lawns	Rebecca Morgan	07974378717
Friendly chat on the phone	Rebecca Morgan	07974378717
Food Bank Donation & Collection	Mandy Flaherty	01480 896541

Please contact Jan Wall, Liz Adams or Mandy Flaherty on one of the above contact numbers if you would like to be added to our list of volunteers,