

Coronavirus - WE ARE HERE TO HELP in GESTINGTHORPE

To get through COVID-19 we'll need to pull together.

We're a group of volunteers living in and around **Gestingthorpe** who want to ensure that everyone in our neighbourhood is healthy, safe and looked after.

Please let us know if you need any help - maybe you want help picking up *pre-paid prescriptions and shopping*, or you just need a chat. We won't have physical contact with you - we'll knock your door, put items on the doorstep, keep our distance, and make sure you get them. **If you need medical help, you should still call your doctor or the NHS (111 for non-emergencies, 999 for medical emergencies)**, for anything else we might be able to help.

You can get in touch by leaving us a message or sending an email.

Church Street, Sudbury Rd, Nether Hill area:

Carrie	07872 170277	carrielouiseprior@hotmail.co.uk
Helen	07793 402297	Helen.skerratt@gmail.com

Audley End, Moat Street, and outlying areas:

Nic	07908 445239	nicsmithpe@gmail.com
Penny	07840 367172	pbagby1@gmail.com
Kate	07771 535523	katejabbott@gmail.com

We'll check messages throughout the day and get back to you as soon as possible but please remember we are volunteers and have our own families and commitments.

BECOME ONE OF OUR HELPERS

Please call one of the numbers above to offer your help!