

CONTACTS LIST (JANUARY 2020)

AMPTHILL AND FLITWICK GOOD NEIGHBOURS	07833 314 903
ASPLEY GUISE - 'HELPING HANDS IN ASPLEY GUISE'	07923 490 001
BARTON HELPING HANDS	07855 070 074
BIGGLESWADE GOOD NEIGHBOURS GROUP	07771 104 255
CADDINGTON - 'CADDINGTONCARE'	07548 264 672
CHALGRAVE - CALL TODDINGTON AREA HELPING HANDS	07882 988 270
CLIFTON CARE SCHEME	07817 614 654
CLOPHILL COMMUNITY CARE	07791 773 705
CRANFIELD - 'HANDS ACROSS CRANFIELD'	07789 701 252
DUNSTABLE GOOD NEIGHBOURS	07491 455 777
DUNTON GOOD NEIGHBOUR GROUP	07926 021 155
EATON BRAY GOOD NEIGHBOURS	07930 987 064
FLITTON & GREENFIELD GOOD NEIGHBOURS	07594 578 741
GRAVENHURST - 'CARERS OF GRAVENHURST'	07757 783 896
HARLINGTON NEIGHBOURHOOD HELP	07849 835 410
HAYNES GOOD NEIGHBOURS	07948 977832
HENLOW VILLAGE CARE SCHEME	07914 425 038
HOCKLIFFE HELPING HANDS	07972 868 819
HOUGHTON CONQUEST CARE	07969 982 970
HOUGHTON REGIS HELPERS	07587 004 514
KENSWORTH COMMUNITY SCHEME	07919 081 473
LANGFORD FRIENDS	07884 046 741
LEIGHTON LINSLADE HELPING HANDS	07581 799 273
LIDLINGTON HELPING HANDS	07817 258 279

MARSTON MORETAINE – “HANDS ACROSS THE VILLAGE”	07761 080 611
MAULDEN & MILLBROOK - CALL AMPHILL & DISTRICT GOOD NEIGHBOURS	07833 314 903
MEPPERSHALL GNOMES	07760 793 921
POTTON GOOD NEIGHBOURS SCHEME	07484 301289
PULLOXHILL – CALL FLITTON & GREENFIELD GOOD NEIGHBOURS	07594 578 741
SANDY GOOD NEIGHBOURS	07810 213 935
SHEFFORD GOOD NEIGHBOUR GROUP	07599 937 811
SHILLINGTON – HAS A SMALL INFORMAL NETWORK OF LOCAL RESIDENTS THAT MAY SOMETIMES BE ABLE TO HELP. RING JOHN WHITEHALL FOR MORE INFO.	01462 711 084
SILSOE OFFERS SUPPORT	07747 827 642
SLIP END GOOD NEIGHBOUR SCHEME	07513 372 415
STONDON GOOD NEIGHBOURS	07856 810 273
STOTFOLD GOOD NEIGHBOUR GROUP	07599 925 587
STUDHAM – ‘SIGNS’	07563 135 895
TODDINGTON AREA HELPING HANDS	07882 988 270
WESTONING – COVERED BY FLITWICK & DISTRICT GOOD NEIGHBOUR SCHEME	07748 169 866
WOBURN – ‘HELP AROUND WOBURN’	07815 411 229
WOBURN SANDS – ‘HELPING HANDS IN WOBURN SANDS’	07934 287255

Care schemes are ‘good neighbour’ groups set up and run by local residents to provide a ‘safety net’ for fellow residents in need of a bit of extra help. Volunteers are insured and DBS (old CRB) checked. Most help is free, except for any expenses such as petrol or parking, but donations are always welcome.

Volunteers don’t take on tasks best suited to trained professionals or the emergency services but help out with occasional things that can make all the difference, such as lifts to the shops or doctors; collecting shopping; small household jobs such as changing a light-bulb; walking the dog; even popping round for a chat over a cup of tea – or anything else that one neighbour might do for another.

For more information please contact:

The Network Coordinator, Beds Rural Communities Charity,

The Old School, Cardington, Bedford, MK44 3SX.

Tel: 01234 832648 (direct dial). Email: justineh@bedsrcc.org.uk

As at January 2020