

**DECEMBER 2021**

AMPTHILL AND FLITWICK GOOD NEIGHBOURS Includes Maulden, Millbrook, Tingrith, Westoning	07833 314903
ARLESEY GOOD NEIGHBOURS – new group: <a href="mailto:goodneighbours@arlesey.org.uk">goodneighbours@arlesey.org.uk</a> (NOT BEDSRCC GNS GROUP)	01462 732210
ASPLEY GUISE – ‘HELPING HANDS IN ASPLEY GUISE’	07923 490001
BARTON HELPING HANDS	07855 070074
BIGGLESWADE GOOD NEIGHBOURS GROUP Includes Broom, Dunton, Langford, Old Warden, Potton, Upper Caldecote	07771 104255
CADDINGTON – ‘CADDINGTONCARE’ (also <a href="mailto:caddingtoncobra@gmail.com">caddingtoncobra@gmail.com</a> )	07548 264672
CAMPTON AND CHICKSANDS – relaunched to help during coronavirus (shopping & prescriptions only)	07488 543946 and 07782 809633
CLIFTON CARE SCHEME Includes Stanford	07817 614654
CLOPHILL COMMUNITY CARE	07791 773705
CRANFIELD – ‘HANDS ACROSS CRANFIELD’	07789 701252
DUNSTABLE GOOD NEIGHBOURS	07491 455777
EATON BRAY GOOD NEIGHBOURS Includes Great Billington, Totternhoe	07930 987064
FLITTON & GREENFIELD GOOD NEIGHBOURS Includes Pulloxhill, Wardhedges	07594 578741
GRAVENHURST – ‘CARERS OF GRAVENHURST’	07757 783896
HARLINGTON NEIGHBOURHOOD HELP	07849 835410
HAYNES GOOD NEIGHBOURS	07745 504563
HENLOW VILLAGE CARE SCHEME (TEMPORARILY SUSPENDED)	07914 425038
HOCKLIFFE HELPING HANDS	07972 868819

HOUGHTON CONQUEST CARE	07969 982970
HOUGHTON REGIS HELPERS	07587 004514
LANGFORD FRIENDS	07884 046741
LEIGHTON LINSLADE HELPING HANDS includes Heath & Reach	07581 799273
LIDLINGTON HELPING HANDS	07894 986697 and 07817 258279
MARSTON MORETAINE – “HANDS ACROSS THE VILLAGE”	07761 080611
MEPPERSHALL GNOMES	07760 793921
POTTON GOOD NEIGHBOURS SCHEME	07484 301289
SANDY GOOD NEIGHBOURS includes Beeston, Moggerhanger	07810 213935
SHEFFORD GOOD NEIGHBOURS	07599 937811
SHILLINGTON – informal group of residents ( <b>NOT BEDSRCC GNS GROUP</b> )	01462 711084
SILSOE OFFERS SUPPORT	07747 827642
STUDHAM, KENSWORTH & WHIPSNADE – ‘SKAW’	07563 135895
SLIP END GOOD NEIGHBOUR SCHEME	07513 372415
STONDON GOOD NEIGHBOURS	07856 810273
STOTFOLD GOOD NEIGHBOUR GROUP	07599 925587
TODDINGTON AREA HELPING HANDS includes Chalgrave, Tebworth, Wingfield	07882 988270
WOBURN – ‘HELP AROUND WOBURN’ includes Battlesden, Husborne Crawley, Milton Bryan, Potsgrove, Ridgmont, Steppingley	07547 527403
WOBURN SANDS – ‘HELPING HANDS IN WOBURN SANDS’ includes Aspley Heath	07934 287255

PLEASE NOTE: Each group is set up and run by residents and the support that they can offer will vary depending on the range of skills and time available within their pool of volunteers. They are working closely with other local groups so if they are unable to help they will use their local knowledge to try to find suitable alternatives.

Volunteers don't take on tasks best suited to trained professionals or the emergency services but can help out with occasional things that can make all the difference, such as delivering shopping; walking the dog; or ringing up for a chat with someone who is housebound, on their own, or unable to leave a cared-for person. They are insured and DBS checked. Help is free apart from any costs (parking, shopping etc.) but any donations are much appreciated.

**For more information, please contact: [gns@bedsrcc.org.uk](mailto:gns@bedsrcc.org.uk)**