



## Coronavirus Community Care Group

At Frant Church we would like to encourage and help the community to support each other during this turbulent time for us and our world.

### Are you self-isolating?

We have lots of friendly people eager to help!

- ⇒ Keeping in touch with the community or church
- ⇒ Friendly phone calls
- ⇒ Picking up urgent supplies
- ⇒ Picking up shopping
- ⇒ Sending mail

### Or are you available to help?

We have a team to coordinate this, and link people who are isolated with supporters willing to help.

Call us! 01892 750791

(if necessary please leave a message and we will get back to you)

or

Email us: [office@frantanderidgechurches.org.uk](mailto:office@frantanderidgechurches.org.uk)

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## Are you willing to be a community supporter ?

We would like to 'buddy' people up to help and support each other, particularly for those isolated.

We want to try to prevent people feeling cut off from the community and people, to encourage them to follow government guidance, to help them to be able to isolate safely, and (where appropriate) to encourage one another look to God for his help and guidance through these difficult times.

What you can do:

- ⇒ Please **ring your buddy** regularly (depending what a person wants) to chat and see how they are doing. They may not get to talk to many people, friendships are important.
- ⇒ **Offer practical assistance** in bringing things they need to the house, like shopping.
  - Do drop it off at the door, never go in their house.
  - Don't offer to get money for them. Ideally, you can encourage them (or family) to pay for things direct or to pay through the bank by internet/telephone.
- ⇒ **Church services** have been suspended. If you are part of church, **and they would appreciate it**, you might encourage their faith by bringing the latest sermon/church news or offering to read some psalms or prayers. You can use the Church of England's daily prayer app, or LiveLent app for inspiration (on the church of England website also).
- ⇒ Remember the **Food Bank in church**: [communitystorehouse.co.uk](http://communitystorehouse.co.uk) This will continue to be regularly taken to families in need.

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## Would you like some support ?

We would like to 'buddy' people up to help and support each other, particularly for those isolated.

We want to try to prevent people feeling cut off from the community and people, to encourage them to follow government guidance, to help them to be able to isolate safely, and (where appropriate) to encourage one another look to God for his help and guidance through these difficult times.

What we can do:

- ⇒ **Friendships are important**, your buddy will be willing to keep in regular contact.
- ⇒ **Practical needs** we can bring things to your house that you need.
  - We drop it off at the door, and are not able to go into your house.
  - Sadly, we can't get money for you, so, ideally, please pay direct or through a bank transfer over phone/internet.
- ⇒ **Church services** have been **suspended** and during this time we want to encourage faith **for those that would like that**. This could include bringing you church news, sermons, or saying with you psalms and prayers over the phone.

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