

## **Some ideas on guidance for parishes/public**

### **Keep well, keep praying and keep connected**

- Pray together using digital means if you can: Skype, Zoom, WhatApp etc.
- Keep in touch with your local clergy or ministers, congregation and local community by phone, email and social media
- If food banks and other community projects are operating then offer to help with community deliveries or other projects if you are not in a vulnerable category or ill

### **Food banks**

- Check whether your local Food Bank is open as a hub or delivering directly
- They may need help with drivers and volunteers if they are operating
- There may be more food going out than ever but not enough food coming in
- Food may be being delivered directly to homes from voucher providers (a list is in the attached letter) and by volunteer delivery

### **Make a plea:**

- Please keep giving to food banks
- If you don't give food please give money (some people are donating the money saved by no longer commuting)
- Please don't use the food bank unless you are in food poverty
- Please don't block the phone lines unless you are a bona fide client

### **Help for the Elderly**

- Check by phone or email on those you know who are self-isolating and see if they need anything
- If you are DBS checked see if your neighbour needs any medical prescriptions collected taking all hygiene precautions with hand sanitiser and distance etc.

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