

COVID19 – Help & Resources

Christ Church

Church Websites - www.cca.uk.net & www.longfurlongchurch.org.uk

Christ Church Networks – around 550 church members are in a Network, each one aiming to TALK, PRAY, and HELP. If you aren't in one but would like to be, contact clint@cca.uk.net, or one of the clergy, who can help.

Church Office - Email office@cca.uk.net, phone 07707 850282.

Christ Church Coronavirus helpline - Networks are the first line of offering help to those who need shopping or medicine picking up etc, but to access the central team of people email coronahelp@cca.uk.net or phone church office on 07707 850282.

Family and children website: www.ccafamilyresources.com

Prayer Resources

Daily Prayer - Morning Prayer, Prayer during the day, Evening Prayer and Night prayer are all available from the Church of England website, or as apple or android apps (search for 'daily prayer app') Or listen to the audio of daily prayer via website:

<https://www.churchofengland.org/prayer-and-worship/join-us-service-daily-prayer>

Lectio 365 – Daily prayer & reading from 24/7 Prayer, encourages you to slow down & breathe deeply as you pray & listen to God <https://www.24-7prayer.com/dailydevotional>

Pray as you go - an audio reading and reflections on the reading, with music from a wide variety of traditions. <https://pray-as-you-go.org/index.php>

Church of England's Easter Pilgrim exploring the Lord's Prayer, short Bible reading, prayers & family challenge. Available as an app for Apple and Android

<https://www.churchofengland.org/our-faith/living-out-our-faith/lent-holy-week-and-easter/easterpilgrim-lords-prayer>

Ask your smart speaker - "Alexa, open the Church of England" or "Hey google, talk to the church of England"

Bible Reading

Bible in One Year - a Bible reading app with commentary by Nicky and Pippa Gumble
<https://www.bibleinoneyear.org>

The Bible app - a free app with plans, different translations etc
<https://www.youversion.com/the-bible-app/>

Daily Bible readings - <https://www.biblesociety.org.uk/explore-the-bible/daily-reflection/>

Church of England 13 days of bible readings, reflections & prayers especially written for this time – also suggests daily ‘have a go habits.’

<https://www.churchofengland.org/faith-action/mental-health-resources/supporting-good-mental-health/supporting-good-mental-health>

Services on the Radio & Television

Songs of Praise is on BBC 1 every Sunday

The daily service is on Radio 4 9.45am Long Wave
<https://www.bbc.co.uk/programmes/b006wzfs>

Sunday Worship on Radio 4 FM at 8.10am
<https://www.bbc.co.uk/programmes/b006qnds>

Daily Hope Phone Line

A free phone line offering hymns, prayers, and reflections 24 hours a day while church buildings are closed. The Archbishop of Canterbury, Justin Welby, launched [Daily Hope](#) on Sunday as a simple new way to bring worship and prayer into people’s homes, during the lockdown period.

The line – which is available 24 hours a day on **0800 804 8044** – has been set up particularly with those unable to join online church services in mind.

Other sources of Help & Support

SHIFT - Support for Families with a child with SEN (with or without diagnosis)

Parents/carers support group – www.shift-abingdon.org.uk

Mental Health

NHS 24/7 Mental Health helpline launched this week for help during the CoronaVirus pandemic:

- Adults: 01865 904 997
- Children and young people: 01865 904 998

<https://www.oxfordhealth.nhs.uk/news/24-7-mental-health-helpline-replaces-111-in-oxfordshire-and-buckinghamshire/>

MIND (for support with mental health issues):

<https://www.mind.org.uk/information-support/coronavirus-and-your-wellbeing/#collapse27d03>

Samaritans provide advice and support for anyone having a hard time. Call 116 123.

Older People

<https://www.ageuk.org.uk/oxfordshire/#>

AgeUK Oxfordshire - CoronaVirus helpline for older people & carers– 01865 411288

Domestic Abuse

- **Oxfordshire Domestic Abuse Service** offers confidential advice and guidance as well as practical support to help rebuild your confidence and empower people to make the changes they want. To access support via the Oxfordshire helpline dial 0800 731 0055 10am to 7pm weekdays.
- **Reducing the Risk** provide information and services for those affected by domestic abuse in Oxfordshire. Their Facebook page has helpful content. Call 01865 965055.
- **National Domestic Abuse Helpline** 0808 200 0247 24 hours, 7 days a week.

Bereavement

- **Bereavement Advice Centre** 0800 6349494 for advice and support
- **SeeSaw** provides bereavement support for young people - 01865 744768

Abingdon Corona Virus Community Response

There is a network of volunteers across Abingdon who have responded to caring for neighbours during this crisis. Most streets in Abingdon have volunteers willing to help. If you need any support (food/medicine/friendly chat/dog walking/info/ etc) or would like to kindly volunteer your support please email: abingdoncoronaresponse@gmail.com.

AbiMeds – 01865 818351

Prescription collection and delivery service – volunteers will collect & deliver prescriptions currently from Boots, Jhoots & Lloyds at Peachcroft.

Payment needs to be arranged before collection.

Local Council Support

Council Social Care Team

For non-urgent enquiries 0345 050 7666 (8.30am-5pm Mon-Thurs; 8.30am-4pm Friday)

Out of hours emergency number 0800 833408

Abingdon Town Council local information

<https://www.abingdon.gov.uk/coronavirus-update>

Vale of White Horse District Council – information about local services and help for people in need, local businesses, landlords & tenants.

<http://www.whitehorsedc.gov.uk/services-and-advice/coronavirus-community-support>