

To ALL Redgrave, Botesdale and Rickinghall Residents

COVID-19/Coronavirus Outbreak

These are worrying times but as a community it is good to know that we can help and support each other. Many of you are already helping friends and neighbours.

We are now putting together a coordinated plan to safely offer assistance to anyone, in the community, so that everyone can receive the help they need.

If you are socially distancing (because of your age or underlying health conditions) or if you are self-isolating (because you or a member of your household is unwell) we can help with the following:

- Shopping
- Picking up a prescription
- Posting mail
- A friendly phone call
- Walking your dog
- Light gardening

We are also happy to talk to anyone and, when required, to refer people to other organisations offering support locally and nationally.

Please contact:

Revd. Chris Norburn (Church of England)

01379 898685 or revchris@rbrchurch.org.uk

Mr. Brian Shurmer (Botesdale Methodist Chapel)

01379 890898 or b.r.shurmer42@gmail.com

Mr. Kev Gladwell (Parkview Chapel)

07557 784152 or kevin@parkviewchapel.co.uk

If you are fit and healthy, and able to offer help with any of the above please contact:

Revd. Chris Norburn- 01379 898685 or revchris@rbrchurch.org.uk

You will then be offered any relevant advice and guidance before your name is passed on to people requesting help.

Cast all your anxiety on him because he cares for you. 1Peter 5v7