

"Let us love, not with words but with deeds"

Although this document will be updated regularly, please check <https://www.gov.uk/coronavirus> for the latest guidance before considering any parish action

Covid-19 – Supporting those in need

Vulnerable people are more likely to be at risk from COVID 19 because they have underlying health problems and limited access to good welfare facilities. Vulnerable people can include the homeless, older people and those living with long term conditions.

What can you do to help?

As we prepare for potential disruption and increased demand, we would ask our parishes and communities across the diocese to consider how they can help those in need.

Some examples of community action already underway:

- Encourage people to reduce the risk to themselves and others – follow government guidance on self-isolation and reducing the risk of infection.
- Donate items to your local foodbank – following local guidance on how to do this safely <https://www.trusselltrust.org/coronavirus-food-banks/>
- Consider how to support people living alone who are self-isolating in your community – check on friends and neighbours via phone or email.
- Some parishioners are creating buddy networks of people who will keep in touch via phone or email. This is entirely voluntary. [People should only share contact details with people already well known to them and as part of a network].
- If you are well, consider volunteering for local organisations which are offering food deliveries or other support in your community. If you don't have a particular charity you want to support in your local area, contact your [local Volunteer Centre](#) , [CVS](#) or visit the [Do-it website](#). They can help you find out where your help is most urgently needed.
- You can sign up to [NHS Volunteer Responders](#) who are supporting the NHS during the covid-19 outbreak. This is to support the 1.5m people in England at most risk from the virus to stay well. Once you've registered and checks are complete – you'll be provided a log-in to the GoodSAM Responder app. Switch the app to 'on duty' and you'll see live and local volunteer tasks to pick from nearby.

- Share Pope Francis's [prayer](#) to Virgin Mary for protection

O Mary, you shine continuously on our journey as a sign of salvation and hope.

We entrust ourselves to you, Health of the Sick.

*At the foot of the Cross you participated in Jesus' pain,
with steadfast faith.*

You..... know what we need.

*We are certain that you will provide, so that,
as you did at Cana of Galilee,
joy and feasting might return after this moment of trial.*

*Help us, Mother of Divine Love,
to conform ourselves to the Father's will
and to do what Jesus tells us:*

*He who took our sufferings upon Himself, and bore our sorrows to bring us,
through the Cross, to the joy of the Resurrection. Amen.*

We seek refuge under your protection, O Holy Mother of God.

*Do not despise our pleas – we who are put to the test – and deliver us from every danger, O
glorious and blessed Virgin.*

Don't forget

It is important to consider safeguarding when supporting people who may be vulnerable. Care must be taken to ensure that activities are organised so as to reduce the risk of harm to all participants.

Within a parish, the Parish Priest, in conjunction with the Diocesan Safeguarding Commission, has responsibility for the pastoral care of the community with special regard for those most vulnerable. Each parish should have a Safeguarding Representative who should be consulted about any activities which are being organised that involve children or vulnerable adults. From the outset, please make sure you involve them in your plans.