

# 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.

Sent on behalf of all the churches in these villages.

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