

## WHAT CAN YOU DO TO HELP?

1



Start a Parish team to respond to local need. Share ideas and skills you can offer together.

2



Provide Parish contact information (phone and text) for people to ask for help.

3

Think about who might be in need of a helping hand:



Keep in touch over the phone with those who are housebound or self-isolating. A friendly voice can make a big difference.



Ask front-line staff, such as health workers, in your community what support they need.



Due to stockpiling, people may find it hard to access food. Keep donating to foodbanks and drop off food parcels to those in need.

4



Caritas Westminster can offer crisis and funeral grants as well as social outreach project funding. Let us know if we can help.

5



Get in touch with Caritas for support to develop your parish response. Register with us to hear about emergency volunteering requests.

6



Even if we cannot all gather together physically, we can keep each other in our prayers.

Be sure to stay safe and follow Government advice.

By doing this we are protecting our neighbour and acting in love towards each other.