

Support you might find useful during the Covid-19 pandemic

As the Safeguarding representatives for Saint Edmund's Church, Louise and Anne are very conscious that there will be many people who in this present climate of lock down may be feeling isolated, fearful and alone. If you are struggling with depression or are anxious about loved ones from whom you are separated, worried about income, feeling vulnerable for whatever reason or if life is becoming hard for you to bear alone, we encourage you to seek help from others in order to ease your pain. There will always be someone to call upon who will listen and be able to help you through these challenging times.

Please see below for support that may be useful to you if you need to be in touch with someone other than us your safeguarding church officers, the vicar or a family member, neighbour or friend:

The charity 'MIND' has information aimed at helping friends, family, carers and others to give support and enables us to take care of ourselves too. Their website can be found here: <https://www.mind.org.uk/>

There are also other National Helplines who provide support and guidance. These organisations include:

- **Action on Elder Abuse Helpline:** [080 8808 8141](tel:08088088141) (free phone Monday to Friday 9-5pm)
- **Child-line:** [0800 1111](tel:08001111) (lines free and open 24 hours). Phone if you are a child or young person and are worried about anything
- **Cruse:** [0800 808 1677](tel:08008081677) bereavement helpline
- **MACSAS: Minister and Clergy Sexual Abuse Survivors.** [0808 801 0340](tel:08088010340) support for those abused by ministers, clergy or others under the guise of the church
- **NSPCC Child Protection Helpline:** [0808 800 5000](tel:08088005000) (lines free and open 24 hours). Phone if you are worried about a child.
- **National Domestic Violence Helpline:** [0808 2000 247](tel:08082000247) (lines free and open 24 hours). Phone if you are experiencing domestic abuse.
- **NAPAC: National Association for People Abused in Childhood.** [0808 801 0331](tel:08088010331). Support for adults abused as children
- **Samaritans Helpline:** [08457 90 90 90](tel:08457909090) (open 24 hours). Phone if you feel you are struggling to cope and need someone to talk to.
- **Stop It Now:** [0808 1000 900](tel:08081000900) preventing child sexual abuse
- **Survivors Trust:** [01788 550554](tel:01788550554). Support for men who have experienced sexual assault or rape

Finally we encourage each one of us to try to look out for others who we come across in our daily lives and to reach out to those who we recognise are in need. An encouraging phone call and a listening ear, a smile or a kind word, for example, could go a long way to making a big difference to a person's life. Please let us do all that we can, to support and remember the less fortunate around us and to look out for signs that show us where additional help might be required.

Kind regards, Louise Whittaker and Anne Cogley

Derby Covid Community Support is a network of community, church and statutory organisations that has been formed to provide support and meet current needs and support our communities in Derby city during the management of the COVID-19 virus. For more information, for help, or to volunteer, please phone 01332 640000 or email covidsupport@communityactionderby.org.uk. There is also a Darley Abbey network in place - contact darleyabbeyvolunteernetwork@gmail.com. Food Bank support is available through these organisations.