

# Newsletter

## 24th May 2020

Priest in Charge—Rev. Nick Morgan  
[revnjmorgan@gmail.com](mailto:revnjmorgan@gmail.com)

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Parish Office: 01937 844402

**The Office is now closed but messages left on the answer phone will be answered to as soon as possible**

### WHAT CAN I DO?

Lockdown for some has been a time of disempowering. People who thrive on visiting or meeting up with others cannot give of themselves socially the same way. Others have been furloughed from their jobs and are not using some of their key skills and experiences to the same extent. Yes, for some this has been a time of opportunity to do new things, but I have spoken to a number of people who have found it disheartening not to be able to do what they used to do, and to use their talents and time as before.

There are many things that Christians are called to do as part of our vocation as followers of Christ, and there is one which everyone can do, and that is to pray. From Ascension Day (Thursday 21st May) through to Pentecost (Sunday 31st May) there is a short season which focuses on prayer, and it is called Thy Kingdom Come - a line taken from the Lord's Prayer, the model for our daily prayer which Jesus taught us.

This is an opportunity to re-engage with prayer, and your current circumstances may well make it easier than ever to rejig your routine and get into the habit of prayer. There are lots of ways your local churches can help you do this.

1. Become a local prayer volunteer by joining our email prayer group. This group undertakes to offer regular prayers for those who have asked for them. A monthly list of prayer requests is compiled and the prayer volunteers are sent this information confidentially so that, from your own home, you can pray for their needs and remember them before God. To become a local prayer volunteer, please email Niki at [stmarysprayer18@gmail.com](mailto:stmarysprayer18@gmail.com)

2. Monday to Thursday, join me at [facebook.com/bramhambenefice](https://www.facebook.com/bramhambenefice) at 7am for live Morning Prayer. (If that is too early for you, you can still join in at the same Facebook page at a time to suit you, but you will not be joining me "Live"). You can follow and join in the service on the [Church of England website](https://www.churchofengland.org.uk), or by [downloading the app for your phone or tablet](#) (though you will need to have two devices open at once if you want to both follow along on the website or app, and join me on Facebook).

3. Throughout the Thy Kingdom Come period, join our online Zoom prayer and reflection group which meets at 6pm from Thursday 21st May through to Saturday 30th May. This lasts approximately 15-20mins each evening (apart from 21st May which will be slightly longer). To join these meetings, please follow the following link. Note, the meeting will be "locked" at 6.05pm to avoid interruptions once we begin praying. SEE NEXT PAGE FOR MORE DETAILS

<https://us02web.zoom.us/j/88512578967?pwd=UVJXMTBGYjkrdVVSZIBiSC9WWGNMUT09>  
Meeting ID: 885 1257 8967  
Password: 599548



4. Phone the Church of England's Daily Hope phone line which offers music, prayers and reflections as well as full worship services. The line - which is available 24 hours a day on 0800 804 8044 - has been set up particularly with those unable to join online church services during the period of restrictions in mind, but will also help develop a habit of daily prayer.

5. The simplest way of course is to pray as Jesus taught his disciples, using the Lord's Prayer. If you start every day with this prayer, it will help ground you in the spiritual realities of life. As we say during our weekly Worship Where You Are services:

*May we trust in God to provide all that is sufficient for each day. May we be delivered from sin, and live lives which honour and reflect the holiness of our heavenly Father. May we live on earth as citizens of heaven, as God's forgiven and forgiving people; and seek the coming of God's eternal kingdom, through the merits of Jesus Christ, our Lord and Saviour, in the power of the Holy Spirit. Amen.*

The Reverend Nick Morgan

As I sit here this afternoon, avoiding the hottest part of the day and trying to keep out of the sun I think of the seasonal changes we have been able to watch in our weeks at home.

Our lives have been turned upside down; whether we are self-isolating, shielding, keyworking, volunteering, nothing seems the same. We have had to learn to be cautious, patient, and polite. Our journeys on foot require us to avoid others and to keep our distance. Have you noticed that even as we put two metres between ourselves there are shy smiles and the odd greeting to those we pass? It would be good to think we could keep that up as our lives return to normal.

Throughout all of that we have seen the season change from grim February/March to leafy spring with birdsong as an added extra. If you live near me you will have had the added extra of the shrill call of the Red Kites as they nest in the trees near my house.

Remarkably, in this pandemic that changes lives, God provides us with an ever-rolling picture of the seasons. The trees don't know there is anything different about Spring 2020, the leaves and blossoms have come out as in every other year, the sheep had their lambs, the grass started to grow again and the daylight hours increased every day. The only difference is that we have been able to mark the changes; we have had time to marvel at Creation. Most probably, by the time we are rising from the worst of these troubles, we will be watching the season change again, the colours of our world will be turning to the rich browns, oranges and yellows, the fields will be showing they are ready for the harvest. It reminds me of the reading from Ecclesiastes chapter 3, 'For everything there is a season, and a time for every matter under heaven:'

There will be season for healing, for the whole world. Time and seasons will pass, and our lives will return to some sort of normality. My hope is that the wonder of our surroundings that we have had time to reflect on, will continue to remind us, in our busier lives, that God's creation is there every day for us, pandemic or not.



### Join Bramham Benefice in daily prayer from 21st – 30th May

Every evening at 6pm on Zoom for 15 minutes.

Download the [Daily Prayer Journal](#) from our website at [www.bramhambenefice.org](http://www.bramhambenefice.org)

Zoom Meeting Details:

Join Zoom Meeting

<https://us02web.zoom.us/j/88512578967?pwd=UVJXMtBGYjkrdVVSZlBiSC9WwGNMUT09>

Meeting ID: 885 1257 8967

Password: 599548





# St Mary's Email PRAYER GROUP

Why not join our group (if you have online access).  
Contact Niki if you know of anyone who needs our prayers  
at any time.

Permission must be sought before adding names to the list.

For prayer requests or for an information sheet about joining the group  
please contact: Niki Hampson: [stmarysprayer18@gmail.com](mailto:stmarysprayer18@gmail.com)

## Dial-A-Sermon

# 01937 228 825



To listen to this week's sermon  
from Rev'd Nick or Rev'd Trish,  
just call this number

(it costs the same as a normal call  
and is less than 10 mins long).



Daily Prayer



A free phone line of hymns,  
reflections and prayers

## Readings for Sunday 24th May 2020

### Acts 1.6-14

#### The Ascension of Jesus

So when they had come together, they asked him, 'Lord, is this the time when you will restore the kingdom to Israel?' He replied, 'It is not for you to know the times or periods that the Father has set by his own authority. But you will receive power when the Holy Spirit has come upon you; and you will be my witnesses in Jerusalem, in all Judea and Samaria, and to the ends of the earth.' When he had said this, as they were watching, he was lifted up, and a cloud took him out of their sight. While he was going and they were gazing up towards heaven, suddenly two men in white robes stood by them. They said, 'Men of Galilee, why do you stand looking up towards heaven? This Jesus, who has been taken up from you into heaven, will come in the same way as you saw him go into heaven.'

#### Matthias Chosen to Replace Judas

Then they returned to Jerusalem from the mount called Olivet, which is near Jerusalem, a sabbath day's journey away. When they had entered the city, they went to the room upstairs where they were staying, Peter, and John, and James, and Andrew, Philip and Thomas, Bartholomew and Matthew, James son of Alphaeus, and Simon the Zealot, and Judas son of James. All these were constantly devoting themselves to prayer, together with certain women, including Mary the mother of Jesus, as well as his brothers.

### John 17.1-11

#### Jesus Prays for His Disciples

After Jesus had spoken these words, he looked up to heaven and said, 'Father, the hour has come; glorify your Son so that the Son may glorify you, since you have given him authority over all people, to give eternal life to all whom you have given him. And this is eternal life, that they may know you, the only true God, and Jesus Christ whom you have sent. I glorified you on earth by finishing the work that you gave me to do. So now, Father, glorify me in your own presence with the glory that I had in your presence before the world existed.

'I have made your name known to those whom you gave me from the world. They were yours, and you gave them to me, and they have kept your word. Now they know that everything you have given me is from you; for the words that you gave to me I have given to them, and they have received them and know in truth that I came from you; and they have believed that you sent me. I am asking on their behalf; I am not asking on behalf of the world, but on behalf of those whom you gave me, because they are yours. All mine are yours, and yours are mine; and I have been glorified in them. And now I am no longer in the world, but they are in the world, and I am coming to you. Holy Father, protect them in your name that you have given me, so that they may be one, as we are one.

## Streaming services from home

The recent guidance preventing clergy from entering their own churches, even to just livestream an act of worship, has prompted a series of imaginative alternatives.

“Not being able to use our church buildings is, of course, a huge loss to us all,” one says, but on the other hand, “streaming worship from home shows that we are alongside those who are having to self-isolate and those who are forgoing so many other things in their lives that they used to rely on. “It also shows that we are facing up to the same restrictions as them and doing all that we can to take a lead in encouraging people to **stay at home, protect the NHS and save lives**.”

“Moreover, to pray from and in the home may help us to show that the Church is, as we all know, *us*, the people of God, not our buildings.”

We hope you have enjoyed our online services if you have been able to watch them.

Please keep checking our website for all our online services: [www.bramhambenefice.org](http://www.bramhambenefice.org)

And also check out the Church of England resources here:

Time to Pray app (<https://www.chpublishing.co.uk/apps/time-to-pray>) which is free and has an accompanying daily audio offering on SoundCloud and iTunes.

Mental health reflections (<https://www.churchofengland.org/faith-action/mental-health-resources/supporting-good-mental-health>)



Sunday services will be posted at [www.bramhambenefice.org/online-services](http://www.bramhambenefice.org/online-services)  
and also at [www.facebook.com/bramhambenefice](https://www.facebook.com/bramhambenefice)

You can download an order of service at

<http://bramhambenefice.org/download-our-new-sunday-order-of-service-worship-where-you-are/>

## THE RECENTLY DEPARTED:

**Gladys Irene Shaw, Donald Johnson, Len Shooter  
and Angelika Ware**

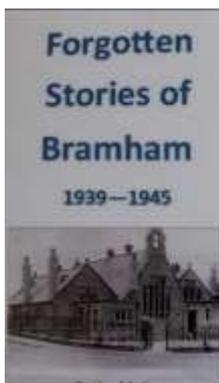


### Boston Scrubbers

Thank you to volunteers, but we have met demand for now and no further help is needed.

Many thanks and kind regards

Christine Daley



A HUGE THANK YOU TO EVERYONE WHO HAS PURCHASED  
ONE OF THESE BOOKLETS.

WE HAVE RAISED A TOTAL OF **£593.00**

FOR ALL SAINTS CHURCH, BRAMHAM

Thanks also to all the people who contributed, collected stories and helped make this possible. Thank you Emma



**West Yorkshire Trading Standards SAFER Project** (Scams And Frauds Education for Residents), has been helping older people and vulnerable adults across the five districts of West Yorkshire protect themselves from scams, frauds and doorstep crime over the last six years. During this time, we have actively engaged with vulnerable adults across the region, empowering residents to live in a safer community.

The project has successfully secured funding for a further three years and will now focus on all age groups. The next three years will see the SAFER team reach out to people of all ages and deliver five new and fresh workshops to the residents of West Yorkshire.

### How the SAFER Project works to protect and prevent

The Safer Project delivers FREE informal, interactive and engaging community workshops on a number of topics, including:

#### Scams and Fraud workshop

**Aim:** To make residents aware of the most common types of scams and frauds in circulation, how to avoid them and where to report them to.

**Content:** The session is interactive and informal and encourages participants to share their experiences, focusing on how to **deal with scammers confidently** and what the most common scams in circulation are. At the end of the session participants receive free resources so that they can access the right support and advice if they ever need it.

#### Doorstep Crime workshop

**Aim:** To give residents key advice and top tips on dealing with rogue traders, distraction burglary, and bogus callers.

**Content:** The session is fun and interactive, taking the participants through varying **common doorstep scenarios**, to identify what simple key strategies they can use to protect themselves in their own homes. At the end of the session participants receive free resources to help them avoid rogue traders and incidents on the doorstep.

#### Consumer Savvy workshop

**Aim:** To give residents key advice and top tips on how to spot counterfeit and unsafe goods and we explore the risks, dangers and consequences of the fake market.

**Content:** The session is fun and interactive, taking the participants through varying basic consumer rights when purchasing goods. A genuine or Fake challenge where participants are able to examine goods such as bags, cosmetics and toiletries and try to decipher the **genuine** products from the counterfeit

#### Savvy Savings workshop

**Aim:** To enhance residents key skills for budgeting, providing money saving tips and how to avoid high cost credit. We explain APR and compare loans as well as provide information about how to live healthily on a budget.

**Content:** The session is fun and interactive, allowing participants to share their **cost savings tips**, we use the infamous taste test to compare well known brands with cheaper alternative and we also explain **loan shark activity** and **money muling**.

#### Energy Savvy workshop

**Aim:** To encourage residents to think about their energy usage, how to try and reduce their monthly bills and practical tips on how to look for the best **genuine** deals on the market.

**Content:** The session is fun and interactive, a myth busting 'True' or 'False' challenge looking at energy waste, household appliances, how to switch energy providers and information about current **'Energy Saving' scams**.

The SAFER Project also works in partnership with organisations that are able to identify those at risk, as well as volunteers and community champions who can help us spread key messages  
Want to know more?

If you'd like to find out more about the SAFER Project then please call us on 0113 535 0242 or email [safer@wyjs.org.uk](mailto:safer@wyjs.org.uk)



BRAMHAM BENEFICE &  
CLIFFORD METHODIST CHURCH

# FOOD COLLECTION

SUPPORT WETHERBY FOOD BANK  
ACCEPTING CANNED FOOD  
AND NON-PERISHABLE ITEMS

COLLECTION POINTS  
SOCIAL DISTANCING APPLIES

**Saturday**  
10am - 11am

Bramham Surgery Carpark  
and  
St. Mary's Church, Boston Spa

**Wednesday**  
2pm - 4pm

Clifford Methodist Church



## URGENTLY NEEDED FOOD ITEMS

- TOILET ROLLS
- PASTA
- RICE
- TINNED POTATOES
- TINNED SPAGHETTI
- HOT CHOCOLATE
- COOKING OIL
- VINEGAR
- CONDENSED MILK
- SUGAR - SMALL BAGS
- ALL SANITARY PRODUCTS
- NAPPIES - ALL SIZES
- TOILETRIES, INCLUDING BUT NOT LIMITED TO: SHAM-POO, DEODORANT, SOAP, SHOWER GELS, HAND WASH, TOOTHPASTE, TOILET ROLLS & TISSUES
- CLEANING PRODUCTS, INCLUDING BUT NOT LIMITED TO: WASHING UP LIQUID, FLOOR CLEANER, BLEACH AND CLOTHS
- LONG LIFE MILK
- LONG LIFE FRUIT JUICE
- INSTANT MASH
- TINNED/PACKET CUSTARD



## Pentecost is coming!

We are getting ready for Pentecost  
(which is celebrated on Sunday 31st May).

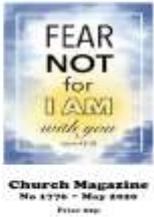
Visit our website  
<http://bramhambenefice.org/children-young-people/> for a  
Windmill Craft activity to do with  
your children.

Please send us your photos of any  
completed windmills and we will  
include them in our Pentecost  
service.



Have a go

8			4	6		7
					4	
	1				6	5
5		9		3	7	8
			7			
	4	8		2	1	3
	5	2				9
		1				
3			9	2		5



## St. Mary's Church Magazine

Due to CofE national guidance, we are unable to hand deliver the St Mary's May magazine to your homes. We will deliver them when we are able to do so. In the meantime, a PDF version of the magazine is available on the website.

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### CYCLING IN THE AREA

New to cycling? Boston Spa Green Group have some ideal safe rides listed on their website [bostongreengroup.co.uk/](http://bostongreengroup.co.uk/)



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### WALKS AROUND BOSTON SPA:



You can pick up a map at Yeadons or the Library 20p or The most popular links on the PC website are the village walks, the Parish Council has developed 6 walking routes around the village ranging from 2 miles to 7 miles, you can download the walks from the PC website [www.bostonpapc.org.uk](http://www.bostonpapc.org.uk)

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### LEEDS ACTIVE

Active Leeds are delivering a workout of the day that can be completed at home through the Mywellness app. These workouts just require your motivation, no equipment needed! There will be a new workout every day with 3 options, easy, medium and pro. So choose what suits you every day. Mywellness can be accessed through the Active Leeds app, via the Mywellness tile. Individuals without a Mywellness account, MUST go to [www.mywellness.com/activeleedsvirtual](http://www.mywellness.com/activeleedsvirtual) and then create their account BEFORE then downloading the mywellness app and logging. Active Leeds can also offer one to one support as you received when visiting our facility based gyms. This support will be available through the Mywellness app. They can support and review home workout routines or any other fitness related help you may require. So you can then continue your fitness journey with them.

**HOME WORK OUTS:** There are a number of videos you can watch showing you how to exercise from your home just go to Boston Spa Life – click on the face book page look and see what takes your interest.





## JUST FOR FUN

1. Which famous novel features two fictional islands called Lilliput and Blefuscu?
2. Which planet takes around 3 Earth months to orbit the Sun?
3. What is a synonym?
4. The Northwest Passage is a sea route that connects which two oceans?
5. What is the only mammal on Earth that can actively fly?
6. What is the tallest building in America?
7. What song was released in 1964 and begins with the lyrics, 'Hello Darkness my old friend, I've come to talk with you again'?
8. Can you place the following fractions in order beginning with the smallest first:  $\frac{6}{9}$ ,  $\frac{1}{2}$ ,  $\frac{7}{8}$ ,  $\frac{3}{5}$ ?
9. Who is known as the world's fastest 1000m sprinter?
10. The Harmon Trophy is a set of three international trophies awarded annually to the world's most outstanding what?
11. What the longest country in South American?
12. Who did Adolf Hitler succeed as President of Germany?
13. What is the title of Louisa May Alcott's 1868 children's novel based on the lives of four sisters?
14. Can you unscramble the following letters to reveal a word that means quiet: LISTEN?
15. What is the name of the character played by Keira Knightley in the 2005 movie Pride and Prejudice?
16. Good Friday commemorates which important event in the life of Jesus?
17. What part of a bird of prey is known as a talon?
18. Which one of the following numbers is a prime number: 12, 15, 17, 21, 27?
19. What is the name of the famous fountain visited by three women in the 1954 film 'Three Coins in a Fountain'?
20. On which Hawaiian Island did the 1941 attack on Pearl Harbour occur?

1. Gulliver's Travels 2. Mercury 3. A word that has the same meaning as another word  
4. The Pacific Ocean and the northern Atlantic Ocean 5. Bat 6. One World Trade Centre  
7. The Sound of Silence 8.  $\frac{1}{2}$ ,  $\frac{3}{5}$ ,  $\frac{6}{9}$ ,  $\frac{7}{8}$  9. Usain Bolt 10. Aviator, aviatrix and  
aeronaut  
11. Chile 12. Paul von Hindenburg 13. Little Women 14. Silent 15. Elizabeth Bennet  
16. The crucifixion of Jesus 17. Claw 18. 17 (only divisible by 1 and itself) 19. The Trevi  
Fountain 20. Oahu

**For everyone who is self isolating, vulnerable, key workers, people who still work full time hours and can not do their shopping.**

**Here is a list of small businesses who deliver food and other goods to your doorstep.**

**This information may change if business situations change.**

TD Goodall	Milk	01132892229
Bryn Wilson	Milk deliveries	07809 110568 or email <a href="mailto:bryn-themilkman@yahoo.co.uk">bryn-themilkman@yahoo.co.uk</a>
Douglas Yeadon Hardware	Hardware and pet food	01937 842338
Hebben and Poole Fine Foods	Fruit and vegetables	01937 843085
Andrews Butchers	Meat	01937 582063
Windmill Inn, Linton	Ready meals, bread and eggs	01937 582209
North Street Deli	Daily specials	01937 585113
Sant Angelo's restaurant	Full takeaway service bread and dried pasta	01937 581422
The Oven Door	Bread and savouries	01937 584839
The Red Lion	Hot meals for elderly and self-isolated people. £5 per meal	01937 582136
Touchwood	Hardware	01937 585726
Ace Cards	Greeting cards	01937 582878
Castlegate Stationers	Stationary	01937 582920
Riverside Nurseries	Gardening	01937 582598
Clifford Moor Farm Pet Hotel	Overnight and day care for pets	019837 844929
Discount Feeds	Pet food and supplies	01937 580797
The Country Store, Collingham	Pet foods	01937 572000
Hartley Wood Cattery	Look after your cat	0113 2861251
Sykes House Farm	Butchers	01937 582549
The Bay Horse Pub	Takeaway meals	01937 290163
Spice4U	Indian takeaway	01937 583694
The Yorkshire Meat Company	Butchers	01937 843086
Don't tell the Duke	Takeaway meals	01937 587897
The Barking Lot	Pet food and supplies	01937 588662
Scotts Arms Pub	Frozen ready meals	01937 582100

## ARE YOU FINDING IT HARD TO ACCESS FOOD?

In light of COVID-19 we are putting additional support in place to ensure everyone is able to access the food they need.



### Am I eligible for help?

If you are finding it difficult to access food due to financial constraints, self-isolation or accessibility of food provision, then you are eligible for help.

When making the referral you will be asked questions about your personal situation which will enable us to determine what type of support you require.

### How can I access help?

If you think you may be eligible to help from these scheme then you can contact a local keyworker or service who will make a referral for you.

This might be somewhere or someone you already have contact with such as a school, college, social worker, housing officer or it could be a provision in your local area such as a Community Hub.

Ideally a referral should be made through one of these support services, however if you are finding it hard to access these please make a self-referral by calling us on **0113 376 0330**. This is a free number.

### What happens next?

Once a referral has been made, we will pass your information on to local volunteer coordinators, and you will be provided with a food parcel or a supermarket voucher.

This will be either delivered to a provision hub near your home for you to collect, such as a community hub, school, foodbank or a charity, or delivered to your home directly.

We want everyone to feel supported and will work with you to see what route is best for you.

For more information and guidance please contact the Local Welfare Support Team on 0113 376 0330.



## ADDITIONAL FOOD SUPPORT AVAILABLE FOR FAMILIES AND INDIVIDUALS IN LEEDS

In light of COVID-19 we are putting additional support in place to ensure everyone is able to access the food they need. Please see below for the process of making a referral for your service users.



### Who is eligible for help?

If someone is finding it difficult to access food due to financial constraints or self-isolation, then they are eligible for help.

Their personal circumstances will determine the type of help they can receive - i.e. whether it is a food delivery, food collection or supermarket vouchers.

### How do I make a referral?

To make a referral please fill out a 'Referral for Emergency Food Provision (COVID-19)' form. Please email [Thrive@leeds.gov.uk](mailto:Thrive@leeds.gov.uk) to request this form.

Please include as much detail as possible and return the form to [hw@leeds.gov.uk](mailto:hw@leeds.gov.uk) as soon as possible after completion.

Ensure that you provide a contact name and number for yourself at the bottom of the form so that we are able to get in contact if needed.

### What happens next?

Once the Local Welfare Support Team receive your referral they will input this data and share with volunteer and staff coordinators who are working with Voluntary Action Leeds.

They will then work with local based suppliers to coordinate and deliver either food parcels or a supermarket voucher to a provision hub close to the service user. Alternatively, arrangements will be made for a delivery to their home by volunteers.

These provision hubs could be your service, and include schools, children's centres, foodbanks, community hubs and third sector organisations.

There is also space on the form to note if they require any additional support, please use this space to help us ensure individuals and families are referred to further services as needed.

For more information and guidance please contact the Local Welfare Support Team on 0113 376 0330



**CORONAVIRUS**  
**STAY HOME**  
**PROTECT**  
**THE NHS**  
**SAVE LIVES**

To the householder:

### Are you finding it hard to get help and support?

During this Coronavirus pandemic, Leeds City Council is working with Voluntary Action Leeds and local organisations to provide additional support to ensure everyone is able to get the help they need.

#### Am I eligible for help?

You can receive help and support from us if you do not have family or friends that can help and -

- You are an individual or family that is self-isolating due to a member of the household feeling unwell (high temperature and/or new persistent cough).
- You have a health condition and have been advised by the NHS to self-isolate.
- You have been advised to stay home in line with national guidelines.

You are finding it difficult to leave your home to shop for food, medicines and other essentials

If you can afford to pay for your essentials then you should pay. However, we do have arrangements in place for those that cannot afford to pay.

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For all other Coronavirus help and advice please visit [www.leeds.gov.uk/coronavirus](http://www.leeds.gov.uk/coronavirus)

#### What help is available?

You may already be receiving help from neighbours that you know and trust or local organisations in your area that meets your needs.

If that's not the case then Leeds City Council has worked with its partner, Voluntary Action Leeds, to set up a volunteering arrangement that can help you.

The help will come from Leeds City Council and from our Community Care Volunteers working alongside a range of Leeds City Council approved volunteer hubs made up from community organisations in your area.

Our volunteers will be registered with us, clearly identifiable with their own Leeds City Council identification badge and a letter from Leeds City Council with a number that you can phone to check their identity. Please be reassured that for their safety and yours, volunteers and LCC staff will be following social distancing guidelines and observing good hygiene standards in accordance with the national guidance.

The sorts of things that our volunteers can help with are -

- Delivering food, essentials and medication to people in the community
- Checking how you are and having a chat on the phone
- Putting bins out for collection
- Walking dogs
- Posting mail

#### How can I get help?

Do not wait until your needs are urgent as it will help us plan the visit of our community care volunteer.

If you want to get help and support from our volunteers then please contact us by calling

**0113 378 1877**

You can also ask someone to call for you if that's easier. *If you have already called this number and arranged help, you do not need to call again.*

#### What happens next?

When you contact us, Leeds City Council will pass your information onto your local volunteer hub. They will contact you and arrange for a community care volunteer to help you.

#### What do I do if I want to register to become a Community Care Volunteer?

Register on the Voluntary Action Leeds website: [www.doinggoodleeds.org.uk](http://www.doinggoodleeds.org.uk)  
Phone: 0113 2877920  
Email: [info@val.org.uk](mailto:info@val.org.uk)



For all other Coronavirus help and advice please visit [www.leeds.gov.uk/coronavirus](http://www.leeds.gov.uk/coronavirus)


**Leeds**  
 CITY COUNCIL

**For COVID-19 council advice or requests for volunteer support:**  
**0113 3781877**  
**LEEDS.GOV.UK/CORONAVIRUS**

For your local Councillors, call 0113 3788887 or email [first.name@leeds.gov.uk](mailto:first.name@leeds.gov.uk) [last.name@leeds.gov.uk](mailto:last.name@leeds.gov.uk)

<b>HAREWOOD WARD</b> <small>Sarcel Firth Matthew Robinson Ryan Stephenson</small>		<b>WETHERBY WARD</b> <small>Norma Harrington Alan Lath Linda Richards</small>	
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**Bugs in Lockdown**  
**Photo Competition**

What Creepy Crawlies can you see in Your Garden?

Winners will be announced at the end of each month during lockdown.  
 For Under 12s & Over,  
 Upload to:  
[#bostonspabugwatch](https://twitter.com/bostonspabugwatch)  
 or go to website:  
[www.bostongreengroup.co.uk/events/](http://www.bostongreengroup.co.uk/events/)



**Revd. Nick Morgan** on 07387728009

**Revd Trish Anslow** on 07903262880

**Emma** on 07740166706

**Emails are normally checked daily:**

[bramhambenefice@outlook.com](mailto:bramhambenefice@outlook.com)

**IF YOU KNOW OF ANYONE WHO WOULD LIKE THIS NEWSLETTER EMAILING TO THEM, ASK THEM TO EMAIL OR PHONE THE OFFICE LEAVING THEIR EMAIL ADDRESS AND I WILL ADD THEM TO THE DISTRIBUTION LIST. ALTERNATIVELY YOU CAN DIRECT THEM TO OUR WEBSITE.**

Website: [www.bramhambenefice.org](http://www.bramhambenefice.org)



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