

OUR LADY OF RANSOM



**11th Sunday of the Year – Year B –
Divine Office Wk 3 – 12th /13th June 2021**

Have you ever walked down any High Street and counted how many instant money and food outlets there are? Or at home, instant internet, face-book, photos, films, music, mail... the list goes on? It's all great and so immediate...

It seems if we're not careful, our need for the "instant" can erode away our patience, humility and faith. Is God necessarily "instant?" Years ago, peoples' lives tended to be integrally connected to the secret rhythms of the earth. Things were less rushed – if faith and patience were stronger then, might that be why?

Today, deadlines and timetables become our taskmasters. Never enough time. Always rushing. Can we release our tight grasp on time so it can become our gentle companion rather than a relentless enemy, possibly destroying the soul?

Gardeners among us will know that growth can never be rushed – or something important is lost. Flowers, crops, plants all need to be allowed to grow to maturity – naturally... in nature. Can't hurry mother-nature, or we pay a price. There needs to be a patient waiting. Faith. A humility. Not instant, like email, cash or food.

Our spiritual lives are similar. Better to co-operate with the seasons of the soul. Qualities and dreams are being formed within, these suffer if plucked too early. They need a safe environment of gestation where natural growth is allowed and protected. Wisdom and discernment allow us to recognise ripeness. Plucked too soon and we taste the sourness of impatience. Too late, and the anticipated fruit begins to perish.

Much of what is developing within us is happening secretly. Hidden. But happening, it is. God's spirit within is blossoming, maturing. Like the crops growing. We need to wait, patiently, with humility, with faith. We cannot rush things. Crops, flowers, nature are not instant. We see why Jesus uses nature to explain so much about healthy life-styles. That can and will never change.

Do we rush under so much illusion of having to get things done; or can we be patient and humble, leading to healthier and happier lives and a stronger faith?

God Bless, Fr. Paul.

***Our Parish now has a new working land-line -
The new number is 01268 38 24 99***

***Please take note of the numerous new and old
scam awareness notices at the end of the newsletter.***

This week Fr Paul will say Mass for the following intentions:-

MASS INTENTIONS	
Saturday 12th June	
5.30pm Mass	Parish Community Ints
Sunday 13th	11th Sunday of the Year
8am Mass	Natalie Stanley & Scott Morgan RIP (Maureen Stanley)
9.30am Mass	Canon Michael McCoy RIP
Monday 14th	
	Emma Louise Lucibello RIP (Anniv) (Susan & Damian)
Tuesday 15th	
	Tom Parker RIP (Eithne Rennie)
Wednesday 16th	
10am Mass	Irene Balogh RIP (Colin & Marie Griffin)
Thursday 17th	
	Jo & Mel Packer (Ints) (Mary & Barrie Mason)
Friday 18th	
10am Mass	Doreen Woods RIP (Pat Holohan)
Saturday 19th	
5.30pm Mass	Parish Community Ints
Sunday 20th June	12th Sunday of the Year
8am Mass	Canon Owen O'Neil RIP
9.30am Mass	Malvine Li Vigni RIP (Li Vigni family)

<p>PARISH PRIEST Father Paul Fox 50 London Hill, Rayleigh Essex SS6 7HP 01268 382 499 www.olorchurch.org email: rayleigh@dioceseofbrentwood.org</p>	<p><u>Public Mass times:</u> Saturdays 5.30pm Sundays 8am & 9.30am Wednesdays 10.00am Fridays 10.00am <i>Please be aware - Times and days of Masses are subject to change.</i></p>
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Our Parish is part of The Brentwood Diocesan Trust, Registered Charity Number 234092



***There are no First Communions taking place in Church
until 20th June***



COORDINATOR OF MUSIC FOR THE 11AM SUNDAY MASS - PARISH OF THE MOST HOLY REDEEMER, BILLERICAY

Responsibilities:

- To direct the Choir for the 11.00am Mass and for rehearsals when they resume
- To introduce new material as appropriate, liaising with the Parish Priest and the Director of Music and other musicians within the Parish.
- To plan music for Sunday Masses and other Services as required
- To encourage participation in the Music Ministry of the Parish by young people, supporting the Children's Choir and enabling involvement with 11.00am Choir and Music Group.

Hours of work: 5 hrs/wk Start Date: July 2021 Closing date: Monday, 21st June 2021

Interviews: TBC

To be considered for the role, please send a CV and covering letter (no longer than one side of A4) to office@mostholyredeemer.org.uk. Only shortlisted applicants will be contacted.

Please note that candidates will need to be eligible to work in the UK to apply for this position and must provide proof of Right to Work in the UK.

For an informal chat with the Parish Priest, please email office@mostholyredeemer.org.uk

LOURDES AT YOUR LOCAL" TALENT SHOW!

Do you think you could be worthy of Simon Cowell's golden buzzer?! We are looking for acts to share as part of our "Lourdes at your Local" Talent Show this Summer, which will be streamed online on Friday 30th July.

Whether it's singing, dancing, magic, comedy or anything in-between, if you have a talent to share with the diocese please email gabriellafusi@dioceseofbrentwood.org and be prepared to send a video recording no later than Friday 2nd July.

For more information on "Lourdes at Your Local" this Summer, please visit www.bcys.net/events

CLEANER/HANDYPERSON VACANCY – BENFLEET:

A cleaner/handyperson is required to manage effectively the routine cleaning with some maintenance and health & safety of the buildings of Holy Family and St Thomas More Parish. The successful applicant will ideally have experience of working in a similar environment. The applicant must have excellent communication skills. It is important that all applicants are self-motivated, organised, can multi-task and work to deadlines within this role

Hours per week – 12 hours

The salary for this post is £9.50 per hour.

Closing date: **Tuesday 15th June 2021.**

Please send a CV and covering letter (around 500 words) to the Parish Office via email benfleet@dioceseofbrentwood.org

SPONSORSHIP REQUEST

In loving memory of her father, Leonard Smith, Debbie will be abseiling on 18th July at 5pm from the ArcelorMittal Orbit sculpture in the Queen Elizabeth Olympic Park for Dementia UK

If you wish to sponsor her please donate online via the just giving page or post a donation in an envelope for the attention of Debbie Smith through the presbytery door.
<https://www.justgiving.com/fundraising/leonardsmithdementiauk>

THE THRESHOLDS OF HOPE WEBSITE has now been launched. This new online resource is the work of the Brentwood Diocese Vicariate for Adult



Formation and aims to help adults to deepen their relationship with Christ and His Church. Please have a look at the website and watch it develop over time. Do let us know what you think of it. The website address is www.thresholdofhope.co.uk

BRENTWOOD CATHOLIC CHILDREN'S SOCIETY – BCCS –SUMMER NEWSLETTER:

https://www.bccs.org.uk/application/files/5916/2315/2865/bccs_Newsletter_Summer_2021.pdf

The Brentwood Catholic Children's Society is inviting parishioners across the Diocese to join in with their '**Relay 100**' summer community event.

This initiative is an opportunity to recommit ourselves to our work following the pandemic, to remind our community about the work we do, to reach families who may need our support and to raise some funds through sponsored walks, runs or cycles. We are looking for 100 individuals (or families within bubbles) to complete a 'leg' of our relay around the diocese; we have routes of varying distances so there is something to suit all abilities. Can you help us? To find out more, please contact Damian Dillon: ddillon@bccs.org.uk / 07912 308000 or visit <https://www.bccs.org.uk/fundraising-and-events/all-events/relay-100> to read more about this event.

THE KNIGHTS OF ST COLUMBA:

The Knights of St Columba (K.S.C.) in Province 10 which covers the Diocese of Brentwood invites young people to take part in a photographic competition.

The theme for 2021 is '**ALL THINGS BRIGHT AND BEAUTIFUL**' and submissions must be made by Saturday 11th SEPTEMBER 2021.

The competition aims to encourage young people to experiment with their camera or mobile phone, use digital methods of photography, and give an interpretation of the photograph (s). The age group categories are: Junior 7-10 years old, Year Group 7, 8 and 9 (11-14yrs), and 10-13 (14-18yrs).

Entrants must not be over the age group on 31st JULY 2021. Age must be shown on the entrant form.

Submissions should be made in the first instance to Brother Martin Doyle Action and Youth Officer Council 456 via e-mail to: marting.doyle@blueyonder.co.uk All the details are on KSC Council 456 Facebook page.

CONFESSIONS

The Sacrament of Reconciliation (Confessions) is available – **can now be offered openly and in the traditional Confessional Box**. At the present time, if you wish for the Sacrament, please contact Fr. Paul - the request itself is treated confidentially.

SACRAMENT OF CONFIRMATION

If you are 16 years old or above and would like to receive the Sacrament of Confirmation, please let Fr. Paul know in writing, with your name and contact number explaining the reasons you wish to receive the Sacrament. Thank you.

OUR LADY OF RANSOM MOTHER AND TODDLER GROUP

10am - 12pm Every Thursday, Term time only, In the Pope John Paul II Hall.

£2.50 per session per child. Under 1's go free !

Tea, Coffee and biscuits provided.

Contact Sharon Hockett 07949 480448 or alternatively

www.Facebook.com/olortoddlergroup.

All places must be booked and paid for in advance. 30 adults maximum. Due to word of mouth places are going fast. COVID RESTRICTIONS APPLY.

BCYS EVENTS:

We are happy to say that as restrictions continue to ease we are able to start running events within the BCYS. Here are some 'save the dates' for your diaries, with more information coming nearer the time:

Lourdes at your Local – 26th - 30th July. During what would have been our annual pilgrimage to Lourdes we will be hosting Mass at different parishes around the diocese each day that week. Mass will be at 11am, which will include the Anointing of the Sick and concluding with the Angelus. We will then have time to gather for refreshments afterwards. For more information on venues please see our website.

Lourdes on the lawn – 31st July. We are also welcoming our young leaders aged 18+ (School Year 13 and above) to gather together at Walsingham House at Abbotswick, with Mass celebrated by Bishop Alan and followed by a picnic in the beautiful grounds of our retreat centre (12pm – 4pm).

Monthly Youth Mass – 7th July. This will hopefully be our last virtual Youth Mass and will be preparation for our Lourdes at your Local week. Providing restrictions allow we will resume in person Youth Mass at Brentwood Cathedral from September, now on the **first Thursday** of the month (more details to follow).

Youth Gather – 23rd October. One day Youth Gather at Walsingham House at Abbotswick. There will be input from John Pridmore and Leila Bousbaa. This event will be for Year 9 and above.

Catechists Training and Resource Day – 6th November. Being held at Sacred Heart of Mary School, the day will be an opportunity for Catechists to come together and receive input from different organisations including Caritas Brentwood and the BCYS.

For more information on all of our events please see www.bcys.net

PARISH ADMINISTRATOR VACANCY– ONGAR:

A Parish Administrator is required to provide support to our Parish Office. The successful applicant will ideally be an administrator with substantial experience in office organisation. The applicant must be a good team player with excellent communication and Microsoft office skills, including Word and Excel and financial experience. It is important that all applicants are self-motivated, organised, can multi-task, work to deadlines, and use their own initiative within this role. - 20 hours per week. The salary range for this post is between £9.50-£10.50 per hour. Closing date: **Friday 18th June 2021**. Please contact the parish office via email ongar@dioceseofbrentwood.org for a full job description and application details.

FIRST HOLY COMMUNION CARDS AND GIFTS

A wonderful selection of cards and gifts are on display and for sale in the Bethany room which is accessible whenever the church is open for Mass.

Gift Catalogues are also available for people to browse and select further items provided they are ordered in good time and depending on availability.

If there is no-one there to help you, please leave payment in the Church wall box marked Repository (by the front door).

VIRTUAL LONDON MARATHON

Brentwood Catholic Children's Society has several charity places for this event taking place over 24 hours on 3rd October 2021. This can be run anywhere and on completion, runners will receive the official London Marathon Finisher's medal and New Balance T shirt. They will also have access to the London Marathon App allowing them to plot their run on the official London Marathon course. If you would like one of our places and think you could raise a fundraising total of £300, please email Julie jabbott@bccs.org.uk for registration details.

FR GERRY – HOSPITAL VISITS

The Chaplaincy Team are now allowed to resume duties at Southend Hospital.

Fr Gerry, Chaplain at Southend Hospital, is now visiting all people (unless Covid positive).

If you wish him to visit yourself or a family member please feel free to email him at frgerryd@gmail.com or call 07919 416263.

MANY THANKS FOR ALL THE MASS INTENTIONS AND CONTRIBUTIONS

Please note: At present we have a large number of outstanding Mass Intentions, which takes us **to the end of July.**



PLEASE PRAY

For all the sick members of our Parish and all our relatives and friends.

† ANNIVERSARIES †

Kindly pray for Gwendoline Hill and Gwen Hassell whose anniversaries occur about this time.

OFFERTORY CONTRIBUTIONS

Thanks to all who continue to support our parish financially.

GIFT AID / ENVELOPES

- We want to encourage everyone to pay online, so from now on, envelopes will need to be requested
- Envelope numbers are being reorganised so if your envelope number is changed, there will be a red label on the box.
- There will be no Special Collection envelopes for those paying by Standing Order. Please use either a charity's own Special Collection envelope, or pay online using Surname and Gift Aid No. or use a blank/yellow envelope with your details printed on the front.
- Some people have started donating to the parish online during lockdown. If you are a taxpayer it's worth a reminder that we could get **an extra 25%** on your donations if you sign up to the Gift Aid scheme. Thank you.



Please contact Sandra our Gift Aid Co-ordinator (olorgiftaid@hotmail.com / 01268 772998) if you have any questions.



MY DAY BY DAY

Booklets for June and July are now available priced £1 each.



LIVING FAITH (July – Sept.)

Popular booklet with a thought for every day for the next three months.

Limited number available....

Voluntary donations for the booklets welcome

If you would like to collect these from the Presbytery or the church please contact Fr Paul. If you usually purchase these but are unable to collect or arrange for one to be collected for you, then we can arrange delivery.

MASS CARDS & SYMPATHY CARDS ...

can be obtained at the presbytery. Please contact Fr. Paul to arrange a convenient time to come, choose, collect and pay for the cards.



CAN THE SVP HELP?

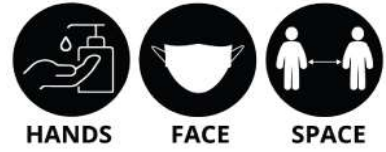
Whilst our activities and support have been adversely affected by the Coronavirus pandemic the SVP remains available to offer help, where current regulations permit.

Should you need support, please contact **Colin Griffin** (tel. No. 01268 772322) or any other SVP member. Your call will be treated with complete confidentiality.

Public Masses:

Please **do not come** if you have symptoms, sniffles, sneezes, coughs, immunity issues etc.
Use common sense and **think of others**.

Wash your hands, cover your face, make space.



Remember to wear a mask and SANITISE hands on entering the church.

Social Distance regulations MUST be adhered to at all times

Please follow only the directions of the Stewards.

The church will be both cleaned and sanitised regularly.

NEWSLETTERS

A few printed newsletters will be left on the shelf outside the presbytery after each weekend Mass. These are primarily designated for anyone who has no email access.

If you are able to print off newsletters yourselves and deliver to anyone who can't get out, that would be a great act of charity. Thank you.

If you, or anyone you know, would like to receive the newsletter by email each week, please in the first instance email a request to the parish office (rayleigh@dioceseofbrentwood.org) and ask to be added onto the distribution list.

The newsletter will be emailed by the Saturday morning.

FIRST HOLY COMMUNION FLOWER DONATIONS - over the next 2 months would be gratefully received.

Please place any donations in envelopes found at the back of the church and either hand to Fr. Paul, or put in collection baskets, or post through presbytery letterbox.

Please label the money in all cases.

Thank you – the flower team.



Retrouvaille England and Wales
Retrouvaille in England and Wales Registered Charity No. 1110330

A Lifeline for Marriages

Has Covid put you under more stress as a couple?

Is your marriage stressed, unloving, cold?

Do you argue more?

Do you want to improve your communication?

Have you separated, divorced, are you thinking about it?

Do you want to try again?

**The Retrouvaille programme may be just what you
need!**

The next programme commences with a weekend

1st – 4th JULY 2021

For more information

Tel or Text +44 788 729 6983 or +44 797 338 0443

(Complete confidentiality assured.)

Email: retrouvailleukinfo@gmail.com

Website : www.retrouvaille.org.uk

REDUNDANCY COACHING:

<http://www.vitaeopus.co.uk> provides free online information and advice about Job Hunting, Self Employment and Active Retirement for Parishioners adversely affected workwise by the pandemic.

REDUNDANCY COACHING

Free online information, advice and guidance at

www.vitaeopus.co.uk

Click and go - to make it happen

With easy to use tools, techniques and activities about

Job Hunting - Self Employment - Active Retirement

Outcomes, depending your chosen route, include to

Take control of
your future

Get motivated
and engaged

Build your
wellbeing

Set and realise
clear goals

Produce
powerful CVs

Identify your skills
and strengths

Feel comfortable
networking

Learn how to be your
own best coach

Deal with adversities
with resilience

Maintain a positive
mental attitude

Be ready and keen
to move forward

Secure roles and
work opportunities

Use social media
effectively

Design compelling
achievements

Have an organised and
effective action plan

Develop your
confidence and courage

Manage presentations,
interviews and meetings

Enable your values and
aspirations to be fulfilled

Become employed or
self employed

Start, manage and grow
a new business

Enjoy a fulfilling and
active retirement



safe spaces

Supporting survivors of church-related abuse



0300 303 1056

email: safespaces@victimsupport.org.uk

Safe Spaces is a free, independent support service, providing a confidential, personal and safe space for anyone who has been abused by someone in the Church or as a result of their relationship with the Catholic Church of England and Wales, the Church of England, or the Church in Wales.

Who can we help?

Safe Spaces is open to people aged 18 or over, regardless of whether the abuse occurred recently or in the past, or whether the perpetrator is living or deceased. You do not have to have reported the incident to the Church authorities or the Police in order to access support.

You do not need to be a current active member of the Church to access support.

Our service is for people who have experienced any kind of abuse – this includes (but is not limited to) sexual violence, inappropriate sexual behaviour, physical abuse, financial abuse or exploitation, psychological abuse (including spiritual abuse), domestic abuse, coercive and controlling behaviour.



How we can help

Remote support is provided nationally through our **FREE Helpline** and **Live Chat** for as long as our clients feel they need it and it is deemed to be helpful.

We can help with advocating with authorities and other agencies, giving you emotional support, providing information (including information on church and police procedures), understanding your needs and working together on individual support plans. If face-to-face support is wanted local to where you live, we will try to make contact with appropriate agencies depending on need.

OPENING TIMES: *Monday, Tuesday, Wednesday, Friday and Saturday: 10.00am - 6.00pm*
Thursday: 12.00pm - 8.00pm **CLOSED on Sundays**

www.safespacesenglandandwales.org.uk

BE ONLINE SHOPPING SAVVY

IS THAT CAR REALLY FOR SALE?

In recent weeks, Essex Police has seen a increase in residents purchasing vehicles online and paying the full amount without ever having seen the car in person. When they arrive to collect the vehicle, it does not exist.



TOP TIPS

- **Always view and test drive the car before buying** - arrange to view in the daylight, preferably when it's dry. Make sure you're insured and test drive the car for about 15 minutes on different types of road.
- **Buy from an established firm or trusted seller** - you can look for a trade association sign or for sellers that have been inspected by an independent engineer or motoring organisation.
- **Use secure method of payment** - don't pay anything until you have seen the car. Once you are satisfied with what you are buying, use a secure method of payment such as a credit card to ensure you are protected if something goes wrong.

BOGUS BANK TRANSFERS

Essex Police have also received reports of residents selling electronic items online such as mobiles and laptops to suspects who attend the address and request to pay by bank transfer. They will pay on the doorstep claiming that it can take up to 2-3 hours for the payment to go through. The payment never arrives by which time the suspect has already left with the goods.

TOP TIPS

- **Arrange an instant payment** - consider using cash or using an instant payment service.
- **Wait for the payment to go through** - most transfers should be quite quick, don't let the item go without knowing you have received the payment.



If you or someone you know is vulnerable and has been a victim of fraud, please call **Essex Police** on **101**
Report fraud or attempted fraud by contacting **Action Fraud** at actionfraud.police.uk or call **0300 123 2040**

Keep up to date with fraud and
do **even more** Online at essex.police.uk



Be
Fraud
Smart!

[www.essex.police.uk/
be-fraud-smart](https://www.essex.police.uk/be-fraud-smart)



Essex Police Fraud Alert System

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28th May 2021

CENSUS SCAMS STILL CIRCULATING

Residents are reminded to be aware of 2021 Census scams which continue to circulate following the closing date of March 21st.

Various emails and text messages have been received, including this one stating that there is missing information on the census submission and failure to correct this could result in a large fine.

CENSUS: There is missing information from your application. Failure to update your details may result in a £950 penalty. Visit: <https://census.myinfo-ref.com>

Remember - you will never be issued with a fine by text message, phone call, email, or on social media and you will not be fined for a mistake on your census. Please see the below information from Action Fraud and the Office for National Statistics (ONS) regarding Census scams.

For more information, please visit www.census.gov.uk or www.actionfraud.police.uk/news

Watch out for scams related to **Census 2021**

- Official census-branded reminder letters are being sent to households who have not yet completed their census.
- A census field officer may also knock on the door of a home to provide help and encouragement to those who have not yet filled in their census questionnaire.
- Field officers will never ask for payment or bank details. They will never ask for other personal details such as your national insurance number and do not need to enter your home.
- You will never be issued with a fine by text message, phone call or email.

ActionFraud
www.actionfraud.police.uk

CENSUS
2021

Find out more: www.census.gov.uk



If you or someone you know is vulnerable and has been a victim of fraud, please call **Essex Police** on **101**. Report fraud or attempted fraud by contacting **Action Fraud** at [actionfraud.police.uk](https://www.actionfraud.police.uk) or call 0300 123 2040

Keep up to date with fraud and
do **even more** Online at [essex.police.uk](https://www.essex.police.uk)



28th May 2021

Fake Cannabis Sweets or “Edibles”

Warning— there are in circulation fake branded sweets which contain high levels of cannabis oil. These sweets are used to attract teenagers into trying cannabis.

Each sweet contains THC (Tetrahydrocannabinol - the main psychoactive ingredient in cannabis) and affect the central nervous and cardiovascular systems. It can take up to an hour for ingested THC to have any effect. THC is normally inhaled through smoking, but edibles can give longer lasting effects, including:

- Loss of coordination
- Hallucinations
- Nausea/vomiting
- Lethargy, collapse or loss of consciousness
- Cardiovascular.

Adults have more body mass and therefore the effects of a couple of sweets are mild, however if children eat these sweets the effects are more severe and may require medical treatment. Some children have been hospitalised after eating a whole bag, of what they thought were sweets.



If you have any information about possible organised crime, victims of such crime or vulnerable people subject of exploitation, please inform Essex Police or CrimeStoppers on 0800 555111

Keep up to date and
do **even more** Online  essex.police.uk



It was noticed in October 2020, there was an increase in empty packets of these sweets around educational premises, especially when lockdown lifted. Now that lockdown restrictions are being lifted once more, it is believed there might be a surge in Organised Crime Groups involved in drugs dealing, supplying these sweets at schools and colleges in an attempt to recruit more cannabis users.

Both the possession and supplying of cannabis sweets is illegal.

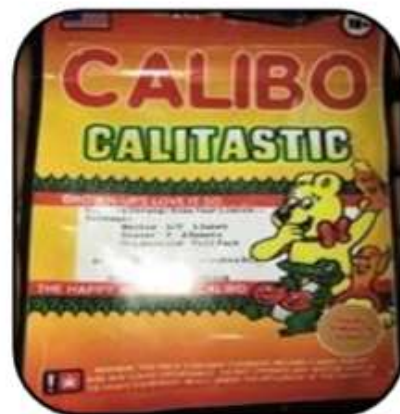
How can I tell cannabis sweets from the real ones?



Look out for the "THC" sign and an "Activation Time"

Reporting concerns about "Edibles"

Should you see anyone dealing cannabis sweets or notice any discarded packets in bins around schools or parks etc. then please inform your local police or CrimeStoppers.



If you have any information about possible organised crime, victims of such crime or vulnerable people subject of exploitation, please inform Essex Police or CrimeStoppers on 0800 555111

Keep up to date and
do **even more** Online at essex.police.uk



Scams.... Social Media. INNOCENT OR CRIMINAL TOOLKIT?

Essex Police are reminding residents that what appear to be innocent games posted on social media have the potential to allow criminals access to your personal data—ultimately allowing them to get their hands on your money.



Local policing teams have recently identified an increase in Facebook posts encouraging users to post their 'Film Star Name' using a pet's name and mother's maiden name, or asking questions such as what was number one in the charts when you were 10. These seemingly harmless questions can provide criminals with lots of personal information that can assist them with stealing your identity. For example:

What is your favourite film star's name? First Pet? Mother's Maiden Name?

What was number one in the charts when you were 10? Allows criminals to work out your Date of Birth

What car did you pass your driving test in? Details of first car

Describe the city you were born in with a clue? Town of birth

All of these are potentially answers to bank account security questions. Remember to Take Five before posting personal details on social media and make sure to check your security settings so that your posts can only be seen by those who you want to see them!

Contact [essex.police.uk](https://www.essex.police.uk) or call 101 for help.

and more scam information from Essex Police

Holiday Scams .

**Please be careful when booking holidays. Be vigilant.
Fraud is on the increase. Criminals are becoming increasingly sophisticated through impersonating companies and flight comparison websites. Fake accommodation is rising.**



ALWAYS check the address is legitimate, make sure logos (pictures) or names are not slightly altered eg. going from .uk.co. to .org .

Please (online) research and don't just rely on one review. Make sure as far as you can the company is credible. Is it an ABTA/ATOL member? Does it have the proper logo/name?

Check their websites if in doubt. Pay safe, preferably by credit card where possible. Avoid paying individually into anyone's personal bank account. Check paperwork. Study receipts, invoices and terms and conditions.

Be wary if the company doesn't provide any paperwork at all when you book.

If a holiday club or time share, get a solicitor to thoroughly vet the contract first. Especially if first time.

Use your instincts: if a deal sounds too good to be true, it probably is!

For information: £2.2 (million pounds) was lost to fraudsters in 2020/1. An average of £1,242 a per person (victim).Ouch!

Do you want to be a part of those statistics?

Contact [essex.police.uk](https://www.essex.police.uk) or call 101 for help.

SOME USEFUL NUMBERS THAT MAY HELP YOU, YOUR FAMILIES OR NEIGHBOURS.



ABUSE AND OTHER HELPLINES – USEFUL TELEPHONE NUMBERS

Police - call 999 – if you cannot respond due to danger, tap the mobile handset or cough, then when prompted press 55 (this takes you straight through to the police)

Freephone National Domestic Abuse Helpline: 0808 200 0247
www.nationaldahelpline.org.uk

Men's advice line 0808 801 0327 www.mensadvice.org.uk

Rape Crisis 0808 9999 www.rapecrisis.org.uk

Respect phoneline 0808 999 4040 www.respectphoneline.org.uk

Karma Nirvana – a national honour based abuse helpline 0808 5999 247
support@karmanirvana.org.uk

Stay Safe East 0208 519 7241 (focus on people with disabilities) Text 07587 134122

NSPCC 0808 800 5000 Email help@nspcc.org.uk

Childline 0800 1111

Child Exploitation and Online Protection www.thinkuknow.co.uk

This site offers help for parents and children (at their level) from 4 years old upwards.

Coronavirus-related scams / Fraud or Attempted Fraud

For the latest information go to <http://actionfraud.police.uk/news>

If you or someone you know is vulnerable and has been a victim of fraud, please call Essex Police on 101. Report fraud or attempted fraud by contacting Action Fraud at www.actionfraud.police.uk or call 0300 123 2040.

SUPPORT -

Anxiety Call 08444 775774

Obsessive Compulsive Disorder (OCD)

Call 0845 390 6232

email – support@ocdaction.org.uk

skype 0303 040 1112

ABUSE: Victim Support – Safe Spaces

Safe Spaces is a free and independent support service, providing a confidential, personal and safe space for anyone who has been, or feels, they have experienced abuse through their relationship with the Catholic Church of England and Wales.

Telephone 0300 303 1056

Email: safespaces@victimsupport.org.uk

LiveChat at www.SafeSpacesEnglandWales.org.uk



ISOLATED DUE TO CORONAVIRUS - HOW TO OBTAIN HELP

The source of your support depends on which category of 'shielding' you fall into.

Category 1 - you have been contacted by the NHS and told to remain at home for 12 weeks. You are being supported directly from the government. If you were not contacted by the NHS and told this then you do not fall into this category.

Category 2 - anyone over the age of 70, plus anyone under the age of 70 with certain serious health conditions plus pregnant women - you are being supported by Essex County Council through their Essex Welfare Service. Please contact them on 0300 303 9988.

Category 3 - Everyone else.

You are supported by the **new helpline** set up by Rochford District Council in partnership with local faith groups, churches and voluntary organisations. If you have no friends or family close by and you need support during this crisis, or are feeling isolated, please call **01268 779999**.



ASSOCIATION OF CHRISTIAN COUNSELLOR'S (ACC) COVID-19 CRISIS COUNSELLING SUPPORT SERVICE

ACC have set up a new service – a Covid 19 Crisis Counselling Support Service (CCSS) for NHS frontline staff, People working in a residential care home setting being directly impacted by caring for people who have Covid-19 and people who have been bereaved during the COVID-19 epidemic in the U.K. The crisis counselling support service offers up to ten sessions of counselling on a no fee basis.



To find out more please visit ACC's website www.acc-uk.org or if you don't have access to a computer, please ring 024 7644 9694.

READINGS AT MASS – 11th Sunday of the Year

First reading – Ezekiel 17:22-24

Psalm 91

It is good to give you thanks, O Lord.



Second reading – 2 Corinthians 5:6-10

Alleluia, alleluia!

I call you friends, says the Lord, because I have made known to you everything I have learnt from my Father.

Alleluia!

Gospel – Mark 4:26-34
