### Parish Newsletter

# **OUR LADY OF RANSOM**



### 12<sup>th</sup> September 2021 (24B) Psalter Week 4

Les's son Stefan was brutally murdered. His son's friends became increasingly angry and revengeful. This disturbed him. He could have let his grief overwhelm him. Instead, he found the strength (which only comes from God, not humanly possible) to gather his son's agonising friends, and help them build a better future. He promised to help these friends reach their potential one that his own son never had. Five years on, they all secured good jobs, never getting into trouble. They formed an enterprise, continuing to meet together, all to find ways of giving other young people what Les had drummed into them. They would go into schools giving young people strategies for coping with knives, guns and gangs. Yes, Les lost a son, but was a father to many. (taken from Rev. D. Tomlinson's How to be a 'bad' Christian).

An amazing man. Les could have quite understandably become hateful, judgemental, highly critical, revengeful and shrivelled-up in his own grief. He could have wanted to make other people suffer - projecting his grief. And in a worldly sense, he may have been quite justified. But he didn't. He held it, and allowed the pain and grief to transform him into a very special man.

Les renounced his own judgements, needs for revenge, criticisms, all those thoughts we think make us who we are, so became transformed into someone special. This is Jesus' 'renouncing ourselves', a renouncing of our egos. We can only really do this when we admit that just as everyone else sins, so do we. And we admit that just as everyone else is talented, so are we. We are no different. Nothing and no-one is perfect. Once we are truthful about all this, a natural compassion and unity break through. To do this authentically is the most courageous kind of carrying of the cross. Now, like Les, we have little time for bitterness and hatred of others - I have met the enemy, and the enemy is in me.

This is a real following of Jesus. Not just admiring him, nor just going to church or worshiping Him. There is no Biblical evidence of any request of Jesus to worship Him. Yet it is so easy just to worship and not follow. It leads to such hypocrisies in Christianity which can be so evident. No-one says it's easy, but only with true following, as with Les, will Christianity and the world become a better place.

God Bless Fr. Paul

All Masses and Church Services are now Live Streamed.

To take part please go to <a href="https://stream.seccomgroup.com/channel/olor">https://stream.seccomgroup.com/channel/olor</a>
Masses can be watched "live" or later as a recording.

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

	MASS INTENTIONS
Saturday 11 <sup>th</sup> Sep.	
5.30pm Mass	Armando Toledo RIP (Maria Amey)
Sunday 12 <sup>th</sup>	24 <sup>th</sup> Sunday of the Year (Education Day)
8am Mass 9.30am Mass	Frans Van Der Meer RIP (Maureen Ashkuri) Parish Community
Monday 13 <sup>th</sup>	St. John Chrysostom (Bishop and Doctor)
	James Casey RIP (Jean and Frank Lowry)
Tuesday 14 <sup>th</sup>	Exaltation (Triumph) of the Holy Cross
	Holy Souls RIP
Wednesday 15 <sup>th</sup>	Our Lady of Sorrows
10am Mass	Doreen Derrick RIP (Anniv) ( Gwyn Derrick)
Thursday 16 <sup>th</sup>	Ss. Cornelius and Cyprian (Martyrs)
	Gladys Tudor (Rita Gurney)RIP
Friday 17 <sup>th</sup>	
10am Mass	Russell Gonsal RIP
Saturday 18 <sup>th</sup>	
5.30pm Mass	John Amey RIP (Maria Amey)
Sunday 19 <sup>th</sup>	25 <sup>th</sup> Sunday of the Year  8am Mass Parish Community  9.30am Mass John Crabb Ints (Mick and Diane Hodgins)

### **PARISH PRIEST**

Father Paul Fox 50 London Hill, Rayleigh Essex SS6 7HP 01268 382 499

www.olorchurch.org

email: rayleigh@dioceseofbrentwood.org

### **Public Mass times:**

Saturdays 5.30pm Sundays 8am & 9.30am Wednesdays 10.00am Fridays 10.00am

Please be aware - Times and days of Masses are subject to change.

### † † PLEASE REMEMBER IN YOUR PRAYERS....

Mrs. Stella Ray, who died last Tuesday. Please keep her, her family and friends in your prayers. Funeral details to be arranged. May she rest in peace.

Please read Bishop Alan's statement for Education Sunday towards the end of this Newsletter.

### LIFTING OF RESTRICTIONS

Please note we have removed some of the social-distance restrictions in the church. If you are strict about distancing, the pews on the right hand side (as we face the altar) are largely reserved for those who wish to do so.

Please note latest scams advertised towards the end of this newsletter, including DVLA and "cryptocurrency"...

### **Public Masses:**

**Face Coverings** – **please** continue wearing a face covering as a mark of respect for one another's health and protection.



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

Social Distance should be maintained as much as possible – again – out of mutual respect.

Please continue to follow **only** the directions of the Stewards.

**Holy Communion** only to be received on the hand for added protection.

The church will continue to be both cleaned and sanitised regularly

### **OFFERTORY CONTRIBUTIONS**

Thanks to all who continue to support our parish financially.

### **DONATIONS USING QR CODES**

To avoid having too much cash lying around, it is now possible to make donations in Church using your mobile phone and QR codes. *There are notices in the porch for contributions to the parish* 



### ONLINE DONATIONS

To make a donation online go to <a href="https://stream.seccomgroup.com/donations/olor">https://stream.seccomgroup.com/donations/olor</a>

### **GIFT AID /ENVELOPES**

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.



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

### Living Laudato Si' - Your Parish and Your Planet - Online Retreat -

15<sup>th</sup> – 18<sup>th</sup> October 2021. Open to all, this retreat will help personal prayer and reflection, and parish action, on the critical issue of care for God's creation. Bishop Alan will open the retreat, which will be led by expert speakers. For more information see the poster at the back of church or email laudatosi@dioceseofbrentwood.org



RELAY 100: .The Knights of St. Columba - Tom Kennedy, Martin Doyle, Sean Corr and Brendan Murphy undertook the 63<sup>rd</sup> leg of the Diocesan Relay from OLOR to St. Theresa's last Friday evening. Whilst the walk was open to all parishioners, there were no partakers and very little sponsorship. But you can still donate (no family is expected to give more than £5.00) up to the end of September.

Donations will be gratefully received by Tom Kennedy 01702 230 578. Thank you for your support.

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

Why is Sunday Important for Christians? is the second of the Journey Home topics.

### LONDON MARATHON

Brentwood Catholic Children's Society has several charity places for this event taking place over 24 hours on 3<sup>rd</sup> 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.

### **BCYS EVENTS:**

BRAND NEW BCYS YOUTH MASS Takes place on the first THURSDAY of the month at Brentwood Cathedral. The evening will start with a celebration in the Parish Hall at 6pm, where we will provide pizzas and drink as we know many will come straight from school or work. Youth Mass follows in the Cathedral at 7:30pm followed by refreshments after at about 8.30pm. All welcome.

For more information please visit www.bcys.net/events/september-youth-mass/ or email info@bycs.net

BCYS AUTUMN YOUTH GATHER – Saturday 23rd October, Walsingham House at Abbotswick

The BCYS invite all young people from school year 9 and above to join us at Walsingham House at Abbotswick for a one day event on Saturday 23rd October, with outdoor activities and inflatables and 2 fantastic speakers - John Pridmore will speak about his conversion from a life of organised crime in

the East End of London, to teach us that we are all capable of changing our futures and Leila Bousbaa will inspire and educate us on the Catholic response to climate change.

We are asking £20 for the day and you can book online NOW at <a href="https://bcys.net/events/youth-gather-2021/">https://bcys.net/events/youth-gather-2021/</a>

<u>FIRST HOLY COMMUNION</u>. Following enquiries from parents with children who would normally start their Holy Communion Catechism this September, we need to advise that the course is postponed until January 2022. Whilst nothing is guaranteed this will allow the 2021 children to receive their course and make their First Holy Communion.

### 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: <a href="marting.doyle@blueyonder.co.uk">marting.doyle@blueyonder.co.uk</a> All the details are on KSC Council 456 Facebook page.

### **CONFESSIONS**

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

### 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 mid-October**.



### **PLEASE PRAY**

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

### † ANNIVERSARIES †

Kindly pray for Tony Rickard, Terence Foreman, Marjorie Williams and Doreen Derrick. May they rest in peace.

**MASS CARDS & SYMPATHY CARDS** ...can be obtained at the repository shop and the presbytery. Please contact Fr. Paul to arrange a convenient time to come, choose, collect and pay for the cards if the shop is closed.



**CAN YOU HELP THOSE IN NEED?** During the Coronavirus pandemic your SVP Conference has continued to help those from within and outside the local Catholic community. Thanks mainly to contributions donated by a number of parishioners the Conference is keeping its finances afloat. However, age and

personal circumstances have caught up with some of our members. We now need to appeal for anyone who can spare approximately 1 per cent of their time to join us in our efforts. The work is not arduous, involving mainly befriending the housebound and lonely, collecting and delivering food parcels, running occasional errands and offering, where able, other practical help. If you feel you can commit to undertaking these charitable works, please contact Colin Griffin (tel. no. 01268 772322) or any other SVP member.

#### **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.

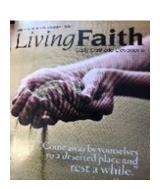
If you, or anyone you know, would like to receive the newsletter by email each week, please in the first instance <u>email a request</u> to the parish office (<u>rayleigh@dioceseofbrentwood.org</u>) and ask to be added onto the distribution list.

The newsletter will be emailed by the Saturday morning.

### LIVING FAITH (July – Sept.)

Popular booklet with a thought for every day through September.

Limited number Donations for the booklets welcome



Wheelchair For Sale: only used 3 times. Excellent condition. £80 or nearest offer. Call Carole on 01702 230949

### Afghanistan....what can we do?

As the tragedy unfolding in Afghanistan fills the news, adding to the miseries of those who have fled Syria, Iraq, South Sudan, Ethiopia and Eritrea in recent years, it may well be that parishioners ask, "what can we do?"

There is now a wealth of experience within the Diocese to support any parish (or, more realistically – as part of the scheme requirement is to fundraise £9,000 – group of parishes) who wishes to look into this more deeply. I would be happy to help, and have the Chelmsford application as a template. The section of the Home Office that deals with this (known as "Reset") is also immensely supportive, with excellent briefings and training, and – via CSAN (Caritas Social Action Network) nationally, there are further networks and resources to draw from.

In Redbridge and in Colchester Catholics have been part of ecumenical projects that have welcomed families. It would also be an ideal project for an embryonic Parish Partnership to look into.

A very helpful summary is on the Reset website: https://resetuk.org/about/what-is-community-sponsorship

There is also excellent initial information on the CSAN website. Salford Diocese were the first to welcome a family via Community Sponsorship, and their learning has been a huge help.

https://www.csan.org.uk/community-sponsorship/

More detailed initial information is in the Home Office's own "step by step" guide:

https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment data/file/694789/MiniGuide 16th June.pdf. Caritas Brentwood is recognised as a "Lead Sponsor" which will eliminate some of the hurdles.

Another source of support is Citizens UK who have a dedicated website for this aspect of their work: <a href="https://www.sponsorrefugees.org/">https://www.sponsorrefugees.org/</a>

#### Can you help?

Catholic Certificate in Religious Studies. (CCRS) gave me such understanding and confidence about my faith for my parish work." The Catholic Certificate in Religious Studies (CCRS) provides parish leaders with knowledge and understanding of theology and the Catholic faith. 88% participants recommend the course to others. Learn in person, by distance learning or online For more information visit brs-ccrs.org.uk

### Centres (in person learning)

http://brs-ccrs.org.uk/index.php/course-centres

### **Life-Light Home Study Courses (distance learning)**

info@studylifelight.com 01844 351 514

### **CCRS Online (online learning)**

ccrsonline@hope.ac.uk 0151 291 3055

#### ST BERNARD'S HIGH SCHOOL

### A Catholic Academy for Arts and Science

Milton Road, Westcliff on Sea

Essex SS0 7JS

Tel: 01702-608005

E-mail: sjc@stbernards.southend.sch.uk

A number of vacancies are available within our Catering Team from **September 2021**:

# 1 Midday/Catering Assistant (Part time) - Fixed Term to August 2022

Scale: 1 - (£9.25 per hour)

Hours: Monday - Friday, 10.45am - 2.00pm

Term Time including Training Days

# 2 <u>Midday/Catering Assistant (Part time) – Fixed Term to August 2022</u>

Scale: 1 - (£9.25 per hour)

Hours: Monday - Friday, 10.30am - 2.00pm Term Time including Training Days

The School is looking to appoint additional Catering support to work alongside the Catering Team over the breaktime period and Midday Supervisor over lunch. Relevant experience in a similar position desirable.

### 3 Catering Assistant (Part time) - Fixed Term to August 2022

Scale: 1 - (£9.25 per hour)

Hours: Monday - Friday, 10.00am - 2.00pm

Term Time including Training Days

### 4 <u>Catering Assistant (Part time)</u> – Fixed Term to August 2022

Scale: 1 - (£9.25 per hour)

Hours: 10.00am - 2.00pm, 2 days per week (job share)Term Time including Training

Days

The Catering Assistant will help in the preparation and serving of meals/snacks over the break and lunchtime periods. Relevant experience in a similar position desirable.

We welcome applications from all denominations or none.

The Governing Body is committed to safeguarding and promoting the welfare of children and young people and expects all staff to share in this commitment.

**Application form on our website:** www.stbernardswestcliff.org.uk

to be emailed to: sic@stbernards.southend.sch.uk

### Closing Date for applications: Thursday 19 September 2021, 9.00am

Please note: Applications can only be accepted if submitted on the School Application Form from the website.

### <u>Learning Mentor</u> - (Fixed Term – August 2022)

### Two days a week (days to be confirmed)

### **Scale Point 6**

An opportunity has arisen for an additional member of staff to join our Pastoral Team. We are looking for someone to work alongside our Learning Mentor Team supporting identified students.

Applications (available on our website) to Mrs Clancy by Thursday 19 September 2021

# <u>St Peter's Catholic Primary School Billericay</u>: 'Loving and learning together, with Jesus'.

We are a thriving, vibrant and successful school seeking to recruit a Catering Assistant to join our established catering team preparing approximately 250 meals a day.

Candidates must have experience of a similar environment as well as a passion for great food

Further information and application forms can be found on the Essex School Jobs website <a href="http://www.essexschoolsjobs.co.uk/Vacancies/Details.aspx?VacancyId=67107">http://www.essexschoolsjobs.co.uk/Vacancies/Details.aspx?VacancyId=67107</a>. Closing date is 15.09.21.

**Also..**- Atlas Cleaning are seeking a new cleaning operative to be based at St Peter's This is for 15 hours a week, 39 weeks a year between 3.30 and 6.30pm Monday to Friday at an hourly rate of £8.91. Please contact Sandra Klimaviciene on 07983 618071 for further details.



# Permanent Diaconate



# The Permanent Diaconate: a ministry of service

St John Payne Catholic Church 21 Blackthorn Avenue, Colchester CO4 3QD

Saturday 18th September 2021, 10.00 to 2.30 (Mass at 12 noon; please bring a packed lunch)

A study day for those interested in finding out more about the permanent diaconate in the Diocese of Brentwood and the future of this ministry in a changing Church.

For further information contact: diaconate@dioceseofbrentwood.org

Cafod Prayer: Walk beside me Lord in the cool of the Day; in the garden you have created as our common home. Walk beside us Lord as the cries of the forest pierce the dawn, and flames rip through our common home. Grant us courage Lord as we walk beside all those who struggle to protect our common home. Grant us hope Lord, and the vision to walk dark paths in the light of a single sunbeam. Grant us grace Lord to put the flourishing of all people and the wonder of your creation at the heart of all we do. As we strive to be guardians of our common home.

St. Francis pray for us.

### **VARIOUS CAFOD ONLINE CONTACTS:**

cafod.org.uk/climatecrisis cafod.org.uk/fastday cafod.org.uk/contactless

cafod.org.uk/gogreen worldgifts@cafod.org.uk cafod.org.uk/parish-giving

shop.cafod.org.uk/harvest

Family Fast Day - October 1<sup>st</sup>





### Courses on offer from the London Jesuit centre.

<u>Introduction to the Old Testament</u> (begins 23 September 2021)

The Old Testament is essential to understanding the history of salvation and the course will map out the main arc of the Old Testament narrative by exploring four central themes: creation, covenant, prophecy and kingship.

<u>Prayer from Scratch</u> (begins 29 September 2021)

Prayer is at the very heart of the Christian life and this course, over five Wednesdays, will help participants see prayer in a new way. There will be time for discussion and reflection, as well as periods of guided prayer.

God and Suffering I - Philosophical Questions (begins 23 September 2021)

It has been a centuries old cry of atheists – how can there be a perfect, loving God given that the world is so full of suffering? The course will explore some of the key philosophical arguments and help participants understand the issues

more deeply.

Statement from Bishop Alan for Education Sunday, 2021 Education Sunday is a day on which can we focus on the wonderful work that is done in Catholic schools up and down the country. The last year has been a challenging time for all, as we have had to face the full impact of the pandemic and find new ways to live and work. Only time will show the full impact of the days that our children have had to stay at home and try to study. There are, I fear, some areas of inequality in the provision of the pupils' learning, which may impinge on their development for some time. Having said that however, I know that the schools in the diocese have worked tirelessly to mitigate the effects of the pandemic on the children. On behalf of the diocese, I offer my deep gratitude to our Catholic schools for all that they have done and achieved during the pandemic.

When the Catholic hierarchy was re-established in the ninetieth century, one of the first actions was to establish schools to support the Catholic community and help them overcome the many obstacles, including illiteracy, in the way of so many people. In our times the call to make Education a priority has not diminished in any way.

As your bishop I heed the call of Pope Leo XIII given over a hundred years ago when he called on the bishops of the world to carry on "making the young your chief care; press onward in every way your work; and cultivate with enthusiasm and hopefulness whatever good seeds you find: for God, who is rich in mercy will give the increase."[1] In recent times some of our schools have had to face hostile approaches from those who do not share our vision for Catholic education. They would want to influence the direction of travel for their own purposes rather than for the benefit of the children and young people in our Catholic schools. Pope Francis writes that "Education is an enterprise that demands cooperation on the part of all involved – the family, the school and social, cultural and religious institutions."[2] A positive way of achieving this cooperation which, in turn, furthers the vision and tradition of those pioneers, is for our schools to work more closely together by joining Catholic Multi Academy Trusts (CMATs).

Whilst this may be in line with thinking coming out of national Government it is also genuinely my firm belief that this is the best future for our schools. It is an opportunity for schools to work together actively and formally to shape the Catholic education system in their locality. It is this approach that will enable high standards of Catholic education to be maintained and where schools can contribute more widely as beacons of good practice in the local community. Indeed, where CMATs have been established in our diocese benefits have already been

identified, including financial savings, greater inter-school support and renewal of the mission they share as Catholic schools.

As the pandemic recedes and a growing sense of normality returns, I know that we will be able to move forward collaboratively with the wonderful work of enabling our young people to reach their full potential. I encourage all associated with our Catholic schools, as Pope Francis has said, to "persevere with courage and tenacity"[3]. Once again, thank you to all who work in and support Catholic education whether as pupils, staff, governors or parents. I will keep you in my prayers and ask that you join me in praying for the flourishing of our Catholic School communities.

Yours in Christ and Mary,
Bishop Alan, sm Bishop of Brentwood

### Assisted Dying Bill. What can you do?

This October, an 'Assisted Dying' Bill will be debated in the House of Lords. If successful it will allow a terminally ill adult with less than 6 months to live, assistance to commit suicide. The Catholic Church teaches that this represents a crime against human life, we cannot directly choose to take the life of another, even if they request it. The Bishops therefore urge you to **PRAY** this Bill is defeated, **WRITE** to Peers and MPs expressing concern about this proposed legislation and **SHARE** our resources and those of our allies, in the weeks ahead with family and friends, especially via social media.

Guidance on how to write to politicians can be found here: parliament.uk/get-involved/contact-an-mp-or-lord/

Resources, which will be updated in the weeks ahead, can be found here: <a href="https://www.cbcew.org.uk/life-issues/">https://www.cbcew.org.uk/life-issues/</a>



# Gidea Park Study Day



# The Cry of the Poor Exploring the encyclical Fratelli Tutti

Pope Francis issued his encyclical on 'fraternity and social friendship' at the height of the COVID pandemic. At a time of turmoil it is a strident call for global cooperation, solidarity and peace. It was signed in Assisi on 3rd October 2020.

### Fr Ashley Beck

Ashley Beck is a priest of the Archdiocese of Southwark, based in the parish of Beckenham in South East London. He is Dean of Studies of the Diaconate formation programme which covers most of southern England, and Associate Professor at St Mary's University, Twickenham. He has degrees from Oxford University in Classics and Theology, and a PhD by publication from Surrey University in the methodology of Catholic Social Teaching.

# Saturday 2<sup>nd</sup> October 2021 11.00 to 12.30 BST

For access to this free live stream event go to <a href="https://www.whatgoodnews.org">www.whatgoodnews.org</a> and follow the instructions. No registration needed.

Talks will be available subsequently on www.whatgoodnews.org

To join the <u>www.whatgoodnews.org</u> mailing list please email gideapark@dioceseofbrentwood.org

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# 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.mensadviceline.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 4years 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.

**Suspicious emails** NCSC (National Cyber Security Centre) report@phishing.gov.uk

### **SUPPORT** -

**Anxiety** Call 08444 775774

Obsessive Compulsive Disorder (OCD)Call 0845 390 6232email - support@ocdaction.org.ukskype 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: <a href="mailto:safespaces@victimsupport.org.uk">safespaces@victimsupport.org.uk</a>
LiveChat at <a href="mailto:www.SafeSpacesEnglandWales.org.uk">www.SafeSpacesEnglandWales.org.uk</a>



### 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 - 24th Sunday of the Year

rd in the Land of the Living.
says the Lord; no-one can come to the Father except

