



## Coronavirus community information sheet St Edmund's Catholic Church, Beckenham

[www.saintedmunds.net](http://www.saintedmunds.net)

Parish office: 020 8650 0970 / [beckenham@rcaos.org.uk](mailto:beckenham@rcaos.org.uk)

Many of you will doubtless be looking out for family, friends and neighbours already. We have put together the following information and advice so that anyone who is in difficulty knows where to find help. We will also post updates on the St. Edmund's website and Facebook page.

At times of great uncertainty and anxiety it is natural that we worry about our own health and that of loved ones, as well as financial concerns and job security. But following the teaching of Jesus, who told us to "love our neighbour as ourselves," we are called to serve others, enabling God to work even through what can seem like the most impossible situations.



### **Important advice**

It is important that **everyone** takes responsibility by following official health advice at **all times**, so we don't put ourselves and others at risk of catching or spreading the Coronavirus.



### **For anyone in need of help**

If you find yourself unwell and needing to stay at home, please let the St Edmunds Parish Office know by calling 020 8650 0970 or emailing [beckenham@rcaos.org.uk](mailto:beckenham@rcaos.org.uk) if you:

- Are having a non-medical emergency and have no one to turn to for help
- Wish your name or a friend/relative to be added to the list for prayers for the sick.
- Need someone to buy or deliver food for you, collect a medical prescription, top up your prepayment gas/electricity meter or pay-as-you-go mobile etc
- Are feeling lonely and would like to chat to someone – we can arrange for people to contact you
- Need help getting a message to someone.

### **Keeping in touch with God**

The following are a just few suggestions if you are looking for ways to worship, pray, or spend time with God. But there are many more resources available online from most churches and faith groups!

- [Watch daily Masses live](#) via the St. Edmund's website – although the Church is closed, Mass is still being celebrated and broadcast via our webcam.
- [Listen via internet radio](#) to Christian broadcasts
- [Read or listen to the Bible](#), along with short explanations



## **For anyone wishing to help**

- Please check up on your neighbours regularly and make sure they know they can contact you if needed.
- **Bromley Council** is adopting the lead role in coordinating offers of help, and anyone wishing to give practical support is encouraged to do so via

[www.bromley.gov.uk/VolunteerApplicationForm](http://www.bromley.gov.uk/VolunteerApplicationForm).

- **The Living Well food bank at Holy Trinity Church on Lennard Road** supports some of the most vulnerable people in our community. They need volunteers and donations of food (fresh fruit, vegetables, bread, long-life milk, toilet roll, baby food, toiletries, and tinned foods). You can donate food at Holy Trinity when the foodbank is running ([see website for details](#)) but they are also considering drop off points around Beckenham to minimise the number of people coming into contact each other. Further details will be provided in due course
- If you are able to volunteer any time to help keep the service going on a Tuesday, Friday, or Saturday, or potentially deliver food to people's homes, please contact [hello@livingwell.life](mailto:hello@livingwell.life) or fill out the volunteer form at [www.livingwell.life/p/volunteer](http://www.livingwell.life/p/volunteer)
- **Contact St Edmunds parish office** via [beckenham@rcaos.org.uk](mailto:beckenham@rcaos.org.uk) if you can:
  - Make a regular friending phone call or facetime those self-isolating or those in need of some company.
  - Support some-one locally by picking up shopping or urgent supplies, or posting mail.

## **Other useful information**

### **Health Guidance**

- Reduce the risk of spreading the infection by cleaning your hands frequently each day by washing with soap and water for 20 seconds or using hand sanitiser.
- Adhere to [social distancing guidelines](#)
- To find out more about symptoms, self isolating, and other health guidance, go to [www.gov.uk/coronavirus](http://www.gov.uk/coronavirus)
- Be aware some internet sites and social media may not provide accurate information

### **If self-isolating or shielding, the following may help:**

- Plan in advance as online shopping deliveries currently take several weeks to arrive.
- Consider alternative delivery services to the supermarket, such as the local milk man (who can deliver groceries as well as milk) or businesses delivering food locally such as "veg box" type deliveries.
- Set short-, medium- and long-term objectives. Set short-term objectives to provide focus over a 24 hour period. Medium-term objectives can help during difficult times. Long-term objectives will provide something to work towards.
- Establish a routine, using your short-term objectives for example including exercise, reading, walking in your garden/ gardening. Think about drawing up a timetable to help structure your day, but don't over-do it and attempt the impossible! The goal is to help your mental health.
- You may be on your own, but this does not mean you need to be lonely. You could make a new friend by volunteering to make a friendly call, or ask the Parish Office to get someone to call you.



Sadly, there are people who, even in the current circumstances, are looking for ways to take advantage of others. Be wary of opening unexpected or suspicious emails, or handing out your personal financial details.

- Only give cash to someone you know well and trust.
- Do not give your bank card and pin number out to anybody.
- [Report suspicious emails](#)

#### **Pharmacies in central Beckenham**

- Paydens late night pharmacy, Croydon Road (by Beckenham Beacon) – 020 8650 8089
- Beckenham Pharmacy, High Street (next to St. Edmund's) – 020 8658 9596
- Beckenham Pharmacy, High Street (opposite Junction restaurant) – 020 8650 6076
- Peter's Chemist, Bromley Road (opposite The Chancery pub) – 020 8650 1731



**Call 111 if you cannot get help online.**

**Continue to dial 999 in an emergency**