

Being a Good Neighbour

As Christians and as a church we also have a distinctive role to play; a role which goes beyond public health. These guidelines were written by Rev Caroline Beckett for her own church in Brightlingsea, and shared by Bishop Stephen

- 1) **Check on your vulnerable friends and neighbours:** Would you know if they were self-isolating? Do you have each other's phone numbers? A good time (and good excuse) to swap contact details with your neighbours.
- 2) **Don't stockpile:** People with medical conditions who need extra toilet roll, painkillers, face masks or hand gel all the time will suffer if they can't get them or the prices become ridiculous.
- 3) **Share:** If you have resources, consider who you could share them with.
- 4) **Give:** Some people who are self-employed or have no sickness cover in their contract will suffer financial hardship if they have to self-isolate. If you are able, consider giving to charities like Foodbank that will support them.
- 5) **Stay calm and help keep others calm.** Watch only enough news to get the latest updates and limit time on social media. Too much of either only raises anxiety levels. Spend time outdoors, if possible.
- 6) **Challenge racism:** It is ugly and unnecessary. This virus does not target and is not caused by a particular race, just because someone has a different accent does not mean they have just come from abroad. It is hurtful to minorities if they are unfairly treated with suspicion.