

Dear Friends,

**I want to help but I don't know how!**

As we get used to self isolating and all the disappointments and frustrations that go with it, I still find it tremendously encouraging how people are responding to this crisis. I really do give hearty thanks for the over 500,000 people who have volunteered to help with the NHS, many of them taking themselves out of retirement and thereby putting themselves at risk. So join in the national cheer at 8:00pm tonight.

**Local Food Bank**

Nonetheless, there are things that we ourselves want to do. Our first concern is perhaps with the Food Bank but how do we support them in their vital work if we have difficulty getting enough food for ourselves due to people's excessive buying?

One way is to make a financial donation, then the Storehouse can buy direct from warehouses and they can buy the things they most need. So, would you consider paying by BACs to the West Suffolk Vineyard Church, who runs Storehouse please? The bank account no. is 10601071 sort code 16-14-98 account name West Suffolk Vineyard Church. Make sure you mark it clearly 'Storehouse' in the notes section. That will ensure your donation goes the Storehouse only and not to the church generally.

Any donation from £5 to £100 would be really welcome at this time. You will never know which families you have helped but be sure you will have helped somebody. Christ Church Moreton Hall will be giving financial support from our blessings fund.

**Bury St. Edmunds Rickshaw.**

The second is the Bury St. Edmunds Rickshaw. They are now delivering food to charity distribution centres and to the Bury Drop-In. They also provide a free service for people who are self isolating. They will collect prescriptions from the pharmacy and deliver them for free. They will do small amounts of shopping, also for the self isolating. It is really only for the Bury St. Edmunds town area, but it can include villages nearby extending out as far as Culford.

We all know this is for the elderly and the immobile. So If you know anybody who is self isolating including yourself and need help with your prescriptions or food supplies please ring them on 01284 339449.

With every good wish and prayers for your protection,

Revd Jonathan Ford