



## HELP IS STILL OUT THERE – JUST ASK!

As lockdown gradually eases, more and more people are returning to work, going out to the shops and generally getting on with life. However some are continuing to be very cautious, either through necessity or choice. If you need to stay at home, either because you are trying to avoid infection or because you become ill or are required to self-isolate, then you may need a bit of help and support.

The pandemic has highlighted how useful it has been to have someone to call on for a bit of assistance, and how many people there are round about us who are willing to offer a helping hand. **So we plan to continue a network of support – we have a list with contacts for each village in the Shelswell Benefice.**

If you find you need some help with something, please don't hesitate to get in contact with me or another member of the ministry team and we will put you in touch.

Alice Goodall

01280 848192 / [rector@shelswellparishes.info](mailto:rector@shelswellparishes.info)