

busbridge&hambledonchurch



2 June 2020

Dear Parents, Carers, Grandparents and all those who are involved with children,

I'm writing to welcome some of you and some of the children back to our school and the care of the amazingly committed staff. Others of you are receiving this whilst your children are still at home. I know for myself some of the pressures that this creates. I am sure that you'll join us as a Church family in thanking Mr Catchpole and all the staff for their love of education and care for the children both now and in recent weeks.

Community

We're blessed to have a great community locally and so many people are pulling together. One evening I was ringing the church bell at 8pm to thank key workers when I heard a bassoon playing nearby followed by a hunting horn, then loads of pots and pans and car horns. I'm sure it sends the same shiver of pride down your spine as it does mine. Godalming is a great community. We want to play our part in supporting and sustain our community because we're stronger when we stand together. Everything offered in this letter is open to anyone; whether you have a church faith, another belief or none.

Confidential support

We would also like to assure every child and you as their adult carers and loved ones, that the Church staff, volunteers and Church family are here for everyone in a confidential and supportive manner. It may be that this isn't something you have need of; perhaps because you have great connections and support already. We are though very aware that there are many who are quietly getting by yet not have an avenue to say anything. We hope that you have found the 5pm church bell tolling across Busbridge a comforting sound of continuity, stillness and hope in bigger things in these changing times.

Douglas Adams... there is an art to flying

It may be that you are just feeling it is a bit much; or you may have a sense of loss or bereavement; perhaps you are wondering about the future. Douglas Adams put it like this in *Life, Universe & Everything*: "*The Guide says there is an art to flying*", said Ford, "*or rather a knack. The knack lies in learning how to throw yourself at the ground and miss.*" You may feel like the ground is coming to meet you right now.

Fear, concern: Local and low key listening ear

We have a great team of really caring Pastoral Assistants who have been vetted, spent a year in listening and other low key support training and undertake regular reviews. They already support between 60-80 people with a listening ear and gentle kindness. This is free.

Counselling: due to COVID19

We have a number of ACC Accredited Counsellors and can provide connection to counsellors both locally and out of area. Some are offering up to ten free sessions where the reason for counselling is connected to COVID19, bereavement or for any NHS or other key workers.

Russell Brand's prayer; spiritual pondering

I don't often quote him, but Russell Brand trended on twitter the other day with "*we all need a connection to the sacred; the fact that people are googling prayer suggests to me we need to pray.*" If you are thinking about spiritual or even religious questions or asking questions you've not thought of for years, then do contact one of the clergy. We're here to listen and help rather than tell people what to think. If that's not for you, then we've put some things on our church website to help people think, explore and pray.

Financial support for local families

We are supporting a number of people in our community (across Godalming and nearby) with one off financial support. If you are an established member of our local community, then you can recommend someone for financial support. Please see our website; we're actively trying to ensure people stay financial secure. If you have an immediate need, then please take a look.

Support for young people suffering due to isolation

Many children and youth suffer from stress, anxieties, depression, and other mental health issues related to Covid-19. Our youth and children staff are trained to support young people and their families and are here for you.

Abuse Support

We've been supporting a few people experiencing trauma due a situation in the home. If you have been getting by in silence, we'd invite you to call Surrey Against Domestic Abuse 01483 776822 – safety number; if you would prefer to make a call to the church, then we'd be willing to take some discrete information for you and act with you. If your situation is threatening, then please make a safe exit.

Marriage and relationship support

It is good to be together but perhaps all the time has created pressures? We can offer some confidential discussion with people trained in supportive relationships. We also offer a relationship enrichment course which we'll be running again soon. Many people with fantastic relationships have taken part in it and found it really useful.

Get in touch

If you'd like to make contact via the school, then do let Mr Catchpole know. You can find information and our contact details on the church website www.bhcgodalming.org. Everything is treated confidentially. Please do also pass this letter onto anyone who may be in need of support and encourage them to get in touch.

Yours sincerely

Rev Simon Taylor, Rector
on behalf of the Busbridge& Hambledon Church team