

The Drive Methodist Church
Eastern Avenue

NEWSLETTER

MAY 2021



Minister: Revd. Mmasape Zihle

Website: www.drive-methodist.church

Church Mission Statement of The Drive Methodist Church

The Drive Methodist Church aims to be faithful to the commandments of Jesus, and the calling of the Methodist Church.

The calling of the Methodist Church is to respond to the gospel of God's love in Christ and to live out its discipleship in worship and mission, and to fulfil the promises detailed in the Methodist worship book.

Provide a weekly opportunity for all people to worship God in Christ, here at The Drive Methodist Church.

Enable people to grow and learn as Christians through mutual support and care.

Be a good neighbour to the immediate and wider community. Sharing our faith with others through pastoral care, church activities and communication.

Mmasape's Message for May

Dear All,

Once again, the promises of normality seem within our grasps. We are well on the way with the roadmap to complete easing of Covid restrictions. This however does not mean that we will be rid of the disease; new variants are being reported but the roll out of vaccines in this country puts us in a good place to socialise and worship again. This news as well as the good weather we have had and are promised, helps to lift our spirits out of the darkness of winter and the pandemic. We emerge with caution and appreciation of each other and the moments we have been given.

During this May month we think of elections and the chance we have to vote for the Mayor of London on the 6th May. I had the privilege of attending an event organised by London Citizens to hear two of the candidates (Sadiq Khan and Shaun Bailey). Citizens is made up of religious organisations, schools, and other community groups who are interested in issues of Housing/Homelessness; Living Wage Campaign; Environmental Issues; Youth Safety/Hate Crimes/Racism.

We are all invited to join in with Citizens to help bring to issues that matter to us and our communities. This is a practical way of engaging in Justice and those key tenets of our faith of loving our neighbour as ourselves and good stewardship of the planet.

As we rediscover socialising again, let us match it with the desire to see all people flourish. We have learnt a lot from the struggles of the pandemic, and we cannot take our togetherness for granted again.

We look forward to the reopening of our churches on the 6th of June (observing social distancing and guidelines given). We also recognise that there will still be those unable to come out to church and we will continue to offer online services as well as sharing printed resources such as The Vine.

May God guide us through these tentative steps we make out of restrictions into a new way of living and sharing spaces together.

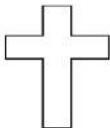
Yours in Christ

Mmasape

Resuming services at church

I am advised that it is likely our church will open for worship on the 6th June....How wonderful.

WATCH THIS SPACE!

As always, our Easter Cross gave a strong
 message and drew positive comments from those in our community walking and driving past. Thanks to all who helped in decorating the cross.

Echoing the spirit of Mmasape's message.....

Do you remember this verse that featured at the start of the lockdown? I do like that there is no mention of Covid/Virus but we all know exactly what it refers to.

When this is over,
may we never again take for granted
a handshake with a stranger
conversations with neighbours
a crowded theatre
Friday night out
the taste of Communion
a routine check up
the school rush each morning
coffee with a friend
the stadium roaring
each deep breath
a boring Tuesday
life itself.

When this ends,
may we find that we have become
more like the people we wanted to be,
we were called to be, we hoped to be.
And may we stay that way – better for each other
because of the worst. - Laura Kelly Fanucci

CHURCH FAMILY NEWS

We hold in mind and offer prayers for ...

Kathleen - who is now resting and recuperating at home under Brian's careful watch.

Elise (Michelle's mum) who is home from hospital.

Mmasape's mum and family in South Africa

Peter Sharp who is coping at home and being ably supported by his friend Susan Ruckes.

Sandra Folkes - who is experiencing some health problems related to her kidney transplant.

Sandra Runeckles - who is receiving further treatment.

Reverend Jonghi - who has been unwell.

Susan Ruckes - as she recovers from a cataract operation.

Sophia Bampoe - following the sad death of her brother.

Verney Brathwaite - who after being seriously ill in hospital has rallied and is once again in her own home and resting.

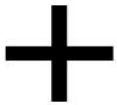


We particularly pray for those who are caring for and helping to nurse their family members back to health. This can be an exhausting, worrying and stressful task.

Prayers for those overseas

St Vincent - We take a moment to turn our thoughts and prayers to the people of St Vincent whose lives have been thrown into turmoil by the eruption of La Soufriere. We pray for their safekeeping and for their families and friends across the world.

India - We look on as the Covid crisis deepens in India and hospitals struggle to obtain basic lifesaving medicines and equipment. Let us pray for the medics working under unbelievable pressure, for world leaders to respond swiftly in offering support to ease the suffering and for the families who are so desperate to get treatment for their loved ones who are so very ill with the virus.



BRITISH RED CROSS

How is the Red Cross supporting people in India?

Updated April 30 2021:

Don't feel that your gift is too small to help. It isn't.

Right now, the situation in India is critical. Hospitals are full, streets are lined with ambulance queues, and crematoriums are running out of space. People are losing their loved ones at a frightening rate, with numbers of Covid-19 cases expected to rise dramatically.

Over 46,000 Red Cross staff and volunteers across India are supporting Covid-19 response efforts - providing oxygen, ambulance services, first aid, and PPE. But there are so many people who need our vital help.

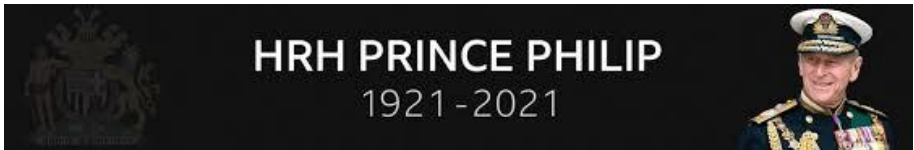
Your donation will be spent helping people in India facing this terrifying second wave.

What could my donation provide?

- A Covid-19 prevention kit to a family or front-line worker to help keep them safe.
- An oxygen cylinder or oxygen concentrator to help someone breathe.
- An ambulance to transport those with Covid-19 to hospital.

[Donate to our Global Coronavirus Appeal](#)

via the internet, by post, by phone 0300 023 0818



Prayers from the District

A prayer of thanksgiving for Prince Phillip from the President and Vice President of the Methodist Conference:

Lord God

We give thanks for the long life of Prince Philip, for all that he has contributed to our nation and beyond, and for his support of our Queen. We pray that he will be at rest trusting in the grace of God.

We remember before you Her Majesty the Queen and her family praying that they will know your comfort and strength in the days to come.

In Jesus' name. Amen

Congratulations and Best Wishes to:

Priya and Joel – celebrating their 20th Wedding Anniversary on 5th May.

Ruth Joyce - who is celebrating her birthday on 11th May.

Christine - (Priya's mum) who celebrates her birthday on 25th May.

Peter Sharp - has a birthday on 28th May.

Sending love and best wishes to everyone and hoping you all enjoy your special day.



Some interesting events:

Has anyone had the chance to listen to this series of stories?

Travellers Tales – Saturdays 5.30 – 6pm Premier Radio

Travellers' Tales is a half hour interview between Hannah Scott-Joynt and Christians from different denominations - perhaps well known, perhaps not - about their life/faith journey, and how they've experienced God working and moving through all of its twists and turns. It's a chance for listeners to get an insight into how someone else does their faith, and be inspired by hearing stories of love, dedication, doubt, grace, courage, sacrifice, and hope.

Christianity, Nature and Mental Health:

Possibilities and Pitfalls. 10th May 7pm – 8pm

This event, brought to you by the Leeds Church Institute, draws on this year's Mental Health Awareness Week theme of 'Nature' and encourages attendees to explore the relationship between nature and mental health; how we can relate to the non-human world as fellow creatures of God. Read more about the session and book your free ticket via [Eventbrite](#).

'All is well with my soul'

Healing Conference Methodist Central Hall

22nd May 10am – 2pm

Methodist Central Hall, Westminster's 2021 Healing Conference will be held online and in partnership with Premier Lifeline. Roy Godwin, author of 'The Grace Outpouring' will be the keynote speaker on the theme of 'It is well with my soul'.

For more information on the conference, and to book your place, please click [here](#).

Susanna Wesley Conference 2021: Embodied Faith

Mon 14, Wed 16, Thur 17 June | 4pm - 5.45pm
Save the date for this year's annual Susanna Wesley Foundation conference. The conference will be made up of interactive webinars on three areas:

-) Embodied Knowing | Monday 14 June
-) Embodied Belonging | Wednesday 16 June
-) Embodied Ministering | Thursday 17 June

More information will be released shortly, including panellists and how to register your attendance.

A VIEW FROM THE DRIVE (OR THE WASH)

There have been fewer phone calls this year, but they tend to be like the buses; three come along altogether, usually when the first person is normally elusive.

Nowadays people get involved with ' Zoom' calls and ' What's App' . I don't have the problems as I live in the 20th Century as far as technology is concerned.

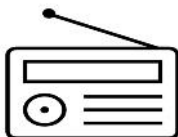
The Barking Dagenham Ilford Sunday services seem to be much appreciated. I continue to consider Radio 4's Morning Worship as ' my' Sunday service. Sunday 25th April was especially inspiring. Canon Ann Easter was leading a team on the subject of relationships. How lovely to hear her again. I

miss her on Radio 2's Pause for Thought. It has been a pleasure locally at various times.

Talking of broadcasts, my four seconds on Songs of Praise which was recorded in Wesley's Chapel in 2007 seem to feature on Barking Dagenham Ilford services.

I spend much of my time rummaging in drawers and cupboards for greetings cards and soaps. it is amazing what you can find – purchases from garden centres and gift shops from stately homes; useful items have been put to use when most shops have been closed.

Susan Ruckes



let's remember



Roll up Roll up....get your tickets in advance!

WOVEN PRESENTS

TELL IT AGAIN

Virtual Poetry Night

spoken word poem recital musical performance

11th June 2021 7 30pm – 9pm

register at methodistlondon.org.uk/poetrynight

Colouring Page

DoodleArt Alley ©



News of meetings from Jan and John



Prayer Meeting:

Thursday 27th May 7.15pm-7.45pm. We are still praying at home. Hopefully we will be able to meet in the Church Vestry at the end of June, God willing.

Bible Reading Group:

Friday 28th May 11.00am. at Valentines Park Gardeners Café (near the Mansion). We will be discussing 1 John, Chapter 1, over a cup of coffee.

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CHURCH PRAYER MEETING

Date and Time of the Meeting

27 May 2021 7.15pm to 7.45pm

Bible Reading

1 There was a Jewish leader named Nicodemus, who belonged to the party of the Pharisees. 2 One night he went to Jesus and said to him, "Rabbi, we know that you are a teacher sent by God. No one could perform the miracles you are doing unless God were with him." 3 Jesus answered, "I am telling you the truth: no one can see the Kingdom of God without being born again." 4 "How can a grown man be born again?" Nicodemus asked. "He certainly cannot enter his mother's womb and be born a second time!" 5 "I am telling you the truth," replied Jesus, "that no one can enter the

Kingdom of God without being born of water and the Spirit. 6 A person is born physically of human parents but is born spiritually of the Spirit. 7 Do not be surprised because I tell you that you must all be born again. 8 The wind blows wherever it wishes; you hear the sound it makes, but you do not know where it comes from or where it is going. It is like that with everyone who is born of the Spirit."

(JOHN 3: 1-8)

Prayer of confession

God of truth, we bring to you our sorrow for our sins.

For seeking earthly absolutes and not eternal mysteries:

We are truly sorry.

For rooting ourselves in the finite and not nurturing the infinite within:

We are truly sorry.

For saying 'I' much more than 'we' and for damaging relationships:

We are truly sorry.

Forgive us and strengthen us, we pray.

For we are truly sorry.

Amen.

Prayer of praise and thanksgiving

God of the Living Word,

we praise you for the gift of Scripture –

for the truths it invites us to embrace;

for the questions that echo our own;
for the conversations that puzzle and enlighten us;
for the encounters that inspire and inform us;
for the certainty, the mystery, the grace.
We praise you, today and always. Amen.

Prayers of intercession

God the Father, ground me in your being as we pray for those who flounder and struggle with the pressures of life. May they see some shape, some purpose to life and find a way to move forward. May their struggles become less tangled, and may they find calm in the chaos of their living...God the Son, enfold me in your love as we pray for those who know little or no love, security or peace; for those who live in fear and loneliness; for those who are shrouded in pain and smothered by death; for those without family support and succour, the friendless and the homeless...God the Holy Spirit, embolden us to share as we pray for those who have no hope, no dreams, no visions; for those who have no knowledge of you, who have not seen you, nor felt you, nor encountered you; for those without faith and trust, those seemingly lost to themselves and to you...God, Father, Son and Holy Spirit, these are all your children; for them we pray.

Amen

Prayer of Oscar Romero

It helps, now and then, to step back and take the long view.

The Kingdom is not only beyond our efforts, It is even beyond our vision.

We accomplish in our lifetime only a tiny fraction of the magnificent enterprise that is God's work. Nothing we do is complete, which is another way of saying that The Kingdom always lies beyond us. No statement says all that should be said. No prayer fully expressed our faith.

No confession brings perfection. No pastoral visit brings wholeness. No program accomplishes the church's mission. No set of goals and objectives includes everything.

This is what we are about. We plant the seeds that one day will grow.

We water seeds already planted, knowing that they hold future promise.

We lay foundations that will need further development.

We provide yeast that produced effects far beyond our capabilities.

Amen

For the Circuit

Loving God, we pray for all nine worshipping congregations that are part of the BDI Circuit: Barking, Ilford, Seven Kings, The Drive, Barkingside, Goodmayes, Becontree Heath, Old Dagenham, and Gantshill. Lord, give us a heart of discernment which knows your guidance, give us patience and help us trust in your faithfulness, and give us your strength and courage which help us to follow you. We pray for our

ministers, local preachers, worship leaders and all leaders in our local churches.

Prayer for the Holy Spirit

Lord our God, bless us all through your Spirit, that we may find certainty of heart in community with you under your rulership. May we keep this certainty, whatever course our lives may take, whatever battles and suffering may come to us, for we belong to you and you rule and guide us as your children. Watch over all who are still far away from you but who long for you. Watch over all who are good-hearted and sincere, even if they often do not understand you. Protect them, and let your kingdom come so that your will is carried out more and more by the many who feel compelled to seek for you and for the goodness and truth which are your will. May we and many others serve you with our whole lives. Amen.

Let us pray for folk in our Church

Let us pray for our Church to grow

Let us pray for our Community

The Lord's Prayer

Our Father who art in heaven, Hallowed be thy name.

Thy kingdom come. Thy will be done on earth as it is in heaven.

Give us this day our daily bread, and forgive us our trespasses,

as we forgive those who trespass against us,

and lead us not into temptation but deliver us from evil.

For thine is the kingdom, the power, and the glory, for ever and ever

Amen.

Food Bank service at Grange Hill Methodist Church

Grange Hill is now acting as a Referral Agency for the Redbridge Foodbank, and issue emergency food boxes and other items to people who on Saturday mornings. The food boxes are made up by the main Redbridge Food Bank in Jubilee Church Granville Road in various sizes, dependent on numbers in a family. They ensure they boxes contain food appropriate for 3 main meals.

Grange Hill is not intended as a collection point. and ask that donation are given to the main Redbridge Foodbank.

If you need food to be collected, please contact Jackie Saito, Circuit Administrator on 07701 003373, email - bdicircuitoffice@btconnect.com

SUPPORT REDBRIDGE FOOD BANK

Helping Local People in Crisis

Jubilee Church 14 Granville Road Ilford IG1 4JY

Website: www.redbridge.foodbank.org.uk/

Phone: 020 8518 0056

The Foodbank has fed 14, 000 people with 3-day emergency parcels since April 2020.

Opening times for donations are:

Tue: 11.30am – 1pm Sat: 10am- 12.30pm

Opening times for collection are:

Tue: 12pm – 1pm, Wed 2pm – 4pm, Sat 10am- 1pm

Our shopping list is:

Tinned Meat/Fish Custard/Rice Pudding

Tinned Fruit Pasta Sauce Jam/Spreads

Long Life Milk and Juice Tinned Spaghetti

Sanitary items Toilet Paper Toiletries

Size 6+ Nappies

Donations of Money are also very welcome.

In Remembrance

It is hoped that an idea from Ruth will soon come to fruition in the form of a place in church to remember and give thanks for the lives of the members of our church family who were lost during the Pandemic Lockdown.

Also to include the family members and special friends and colleagues of our church congregation. At present, this is under discussion.

During a stroll around Valentines Park last week I noticed this message printed as a memorial on one of the benches.

*Just living is not enough.
One must have sunshine, freedom
and a little ice cream'.*

A lovely sentiment. I couldn't agree more. LB



POT LUCK

I have always enjoyed being around plants and soil, from the age of four on my dad's allotment through to having my own patch in the garden when I was about nine years of age.

I enjoyed going to the local market with my pocket money and was more than happy to get a couple of plants for threepence each and dash home to put them in the dusty piece of soil that I called 'my garden'. I never cared if they looked lost amidst that dry old patch. I used to water it but carrying a jug of water down fifty stairs from our rooms at the top of an old house was no easy task; as I dare not spill a drop because I would have to go back up fifty stairs to get a cloth to mop up the spills.

My patch was a burial ground for an assortment of goldfish and budgies. One fish got the full works as I asked all my friends to come over for his burial and even read a piece from my mum's bible. The next day I removed the fish to another spot, probably because I had got another threepenny plant from the market. Something had to give, as plants came before fish it seemed.



Moving to my next home upon becoming a wife, the garden soil was just as dusty as I moved only two streets away. This time I was moving up in the social strata of the sixties as I now had a rockery, the pinnacle of garden chic.

My next house set in motion my 'mobile garden' phase, as I left the dusty soil of the east end to be challenged by the clay of Essex. The rockery came with me to be placed upon thick clumps of old farmland now known as Overmead, my pearl in

an oyster of the 70s housing boom. Along with determination and my dad's old fork I battled with this, the largest of my gardens. With limited finances the purchase of a pretty peach tree helped to divert the eye from the distinct lack of plants around it. The garden seemed to reflect my life as it was then, and it never became the dream.

After seven years I left it for someone else to fulfil and made my way back to my own roots and settled on the soil of Greater London but it had potential. This garden would nurture more than plants. This garden saw the vision of a young girl with her threepenny plants turn a dream into a place where childhood and friendships blossomed alongside flowers and fun. There were barbeques, celebrations, tea parties, and fundraising events. Shrubs, plants and ponds were constantly moved around to accommodate swings, climbing frames and a zip wire to whiz shrieking children from one end of the garden to another. This garden was everything a garden should be, one that nurtured not only plants but happy memories to be stored forever.

There were quiet moments in the sun when two people sat on a bench at the end of a long day to reflect upon life. Both agreed that this was where their hearts lie, and their dreams were fulfilled.

Anne Dellow



Anne, so many people will recall happy times in your special garden, although I'm a bit miffed that I missed out on the zip wire!

LB

NATURAL WONDERS

Every day a 40-foot tree takes in 50 gallons of dissolved nutrients from the soil, raising this mixture to its topmost leaves and converts it into 10 pounds of carbohydrates releasing approx. 60 cubic feet of oxygen into the atmosphere.



There is more to life
than measuring its speed.
Let me look upward into
the branches of the towering oak
and know that it grew great and strong
because it grew slowly and well.
Slow me down, Lord, and inspire me
to send my roots deep into the
soil of life's enduring values.

Charles Urban

WORDSEARCH



Trees

C T C G B Y N C K S W A L N U T M T W O
 R G L I R Y H E L C A O Z C A L A C S Z
 T C R R M E Y W P G O S A N E R P O Y E
 A C E P S X G B A S C L S K P N L P C C
 H H A T C K I T Z X A Q M A T L E U A E
 C Z N Q X M D X L G Z E I E F X O C M C
 W U K V H T X B I G R L O W H R B P O U
 T M K Y U U X E D T D N E K E T A O R R
 J K W Z W O T C O T T O N W O O D S E P
 N R O H T W A H T V D X Z K I B R M N S
 P M M W H D K Q M M C V O M A L T F I L
 E A G G F R W P S Z C T W X M K L R P H
 B V H C E E B O A K L C L G O Y O O L R
 S A T X W I B O J X K T L Q I U I P W A
 D C Y I J C C G Q N I K B Z G B U P A I

Laura Kelly Designs

willow	maple	spruce	sassafras	hemlock	
aspen	cherry	oak	sycamore	chestnut	elm
birch	walnut	beech	hawthorn	cottonwood	pine


 peace
 
 love
 
 trees

I recently received a request from the Fostering Team in Redbridge to include the following information in our newsletter.LB

Keep siblings together. Foster for Redbridge.

Leaving your family to live with a foster parent is a daunting enough experience for any child or young person, but when it also means that you have to be separated from your brothers and sisters, then the experience is all the more upsetting and unsettling.

This is why we are always keen to actively recruit foster parents who can help us to keep brothers and sisters together in the same foster family.

If you have the space in your heart and home to foster siblings, please email fostering@redbridge.gov.uk, call us on 020 8708 6068 or join us on our next virtual information session. Visit

www.redbridge.gov.uk/fostering to book a place.

Gemma Seabrook
Fostering Recruitment, Engagement and Development



Lets Sing - Here I am Lord



I the Lord of sea and sky
I have heard my people cry
All who dwell in dark and sin
My hand will save
I who made the stars of night
I will make their darkness bright
Who will bear my light to them?
Whom shall I send?

Here I am, Lord
Is it I, Lord?
I have heard You calling in the night
I will go, Lord
If You lead me
I will hold Your people in my heart

I, the Lord of wind and flame
I will tend the poor and lame
I will set a feast for them
My hand will save
Finest bread I will provide
'Til their hearts be satisfied
I will give my life to them
Whom shall I send?

Here I am, Lord
Is it I, Lord?
I have heard You calling in the night
I will go, Lord
If You lead me
I will hold Your people in my heart
I will hold Your people in my heart

Songwriters: Anna Laura Page / Daniel L. Schutt



FOOD MEMORIES from Ruth

This is a recipe my sister gave me over 40 years ago. It's very easy and delicious and when I've served it, people think I've spent hours in the kitchen (obviously, I don't make them think otherwise)

POULET SAVOIRE (Savoire Chicken)

Ingredients: 4 chicken portions
1½ ozs melted butter
2 level TBSN flour
¾ pint of stock and herbs
4 TBSN white wine (optional)
½ pint thick fresh cream
2 TBSN French mustard
1 TSPN fresh or dried tarragon
2 TBSN grated cheddar or
Salt and pepper to taste

- ❖ Cook chicken portions in oven in the usual way.
- ❖ To make the sauce
- ❖ Melt the butter in a saucepan, add flour, stock and herbs.
- ❖ S L O W L Y ADD THE WINE
- ❖ add the cream, mustard, tarragon, cheese & salt and pepper to taste.

Place chicken portions in serving dish and pour sauce over chicken. Brown slightly under grill and serve with assorted vegetables.

Instead of chicken, you can use vegetables like leeks or cauliflower.

Freeze excess sauce into ice block trays so you can thaw one or two blocks at a time, as and when needed.

Mmmmm.... sounds posh!



*Dear God,
thank you for the tasty food we eat each day,
you have made such an amazing world full of
good things!
Thank you for the fields of wheat that make our
bread,
and the trees that provide the sweet fruits.
Thank you for the farmers, chefs and shopkeepers
who work so hard,
And for our carers, families and parents who
prepare our meals.
And most of all, thank you for the people we share
the food with.*

Amen.

SAMARITANS PURSE – Message from Brian Grinham

I have just completed a survey from the above charity which we support every year with the Operation Christmas Child Shoe Box Appeal. Unfortunately, this could not be properly organised last year. This year we are asking for supporters to fill boxes, probably in September, as the collection date this year is 15th – 21st November 2021.

Each year thousands of people like you generously pack shoebox gifts to bless children in need around the world. Find out all you need to know about how to pack your shoebox gift below.

-) Get an empty medium sized shoebox, and wrap the box and lid separately in colourful wrapping paper or use preprinted shoeboxes available in church.
-) Attach the appropriate boy/girl label. Select an age category 2-4, 5-9 or 10-14 and attach the label to the top of your shoebox.
-) Fill your shoebox with a selection of fun toys, hygiene items and school supplies. If possible, include one or two special items you know a child will love such as a doll, cuddly toy or deflated football with pump.

Suggested Items

Football and pump, cuddly toys, dolls, toy cars, small musical instruments, yo-yos, skipping ropes, balls, small puzzles.

Pens, pencils & sharpeners, crayons or felt pens, stamps & ink pad sets, writing pads or notebooks, solar calculators, colouring & picture books.

Toothbrush, bars of wrapped soap, comb or hairbrush, flannel. Hat, gloves, scarf, sunglasses, cap, socks, T-shirt, flip-flops, hair accessories, jewellery set, watch, wind-up torch.

DO NOT INCLUDE

Toothpaste, sweets, lotions and liquids; used or damaged items; war-related items; seeds, gum, chocolate or food items; religious or political literature; medicines, aerosol cans, sharp or fragile items.

Make your project donation. A suggested donation of £5 is essential to cover project costs, including shipping, to enable a local church or group overseas to lead a safe, well-organised children's event where your shoebox will be given to a child in need. This can be included in an envelope in the box or donated online.

Give online at [Follow Your Box](#) and you can print out a barcode and place it inside your shoebox on top of the contents. This will enable us to tell you which country your shoebox gets sent to.

Personalise & Pray Personalise your shoebox by including a hand written note and a photograph of yourself, your group or your family. You may also like to pray for the child that will receive your gift.

Christians Against Poverty (CAP) provides free debt help and local community groups across the UK. Our free services, run with local churches, provide practical and emotional support and show people that there is always hope.

CAP Debt Help

If you are in debt, you've come to the right place. We are a charity that gives free help to anyone in debt. Thousands of people have already been given hope and a solution. [Find out more about CAP Debt Help.](#)

There is 1 CAP Debt Centre covering your area. To book an appointment or find out more, call our New Enquiries team on

Call 0800 328 0006

Call for free from landlines and mobiles in the UK.

Our lines are now open:

9:30am–5:00pm Monday–Thursday and 9:30am–
3:30pm on Fridays

Ilford CAP Debt Centre is run in partnership with City Gates Church. Call 0800 328 0006 to speak to a debt coach.

Supermarkets and pharmacies offer a safe place for victims of Domestic Abuse. In response to the increase in domestic abuse incidents during the past year, Asda, Morrison's, Sainsbury, and Tesco have joined Boots in offering a room to shelter those suffering Domestic Abuse. In Boots you ask for Ani and you will be shown into a consulting room where you will receive support. Likewise, in the supermarkets you ask at the healthcare counter to use the consulting room. staff have been trained how to respond and offer appropriate support to those in need.

Call the National Domestic Abuse helpline on 0808 2000 247. Download the Bright sky App. Bright Sky is a mobile app and website for anyone experiencing domestic abuse, or who is worried about someone else.

Call Age UK Redbridge, Barking & Havering

020 8220 6000

We offer you free, independent and confidential advice through our information service. If you need to know about social care, welfare benefits, leisure or health, we are here to help.

NHS VOLUNTEER RESPONDER

DELIVERED BY

THE ROYAL VOLUNTARY SERVICE

-) Do you need some help at this time?
-) Do you need help to isolate due to a health condition?
-) If you need a hand with collecting shopping or prescriptions.
-) Would you like someone to call you for a chat?

Our NHS VOLUNTEER RESPONDERS are

here to help

CALL 0808 196 3646

or go to

nhsvolunteerresponders.org.uk

I have been an NHS Responder, Check in and Chat volunteer since March 2020. It is extremely rewarding; takes very little time but makes a real difference to someone who is vulnerable or isolating. Why not join us? Lorraine

Helplines and Support

Concerned about a rough sleeper? Tell someone.

If you want to tell us about someone sleeping rough, you can contact Street Link on 0300 500 0914 who will take note of all the information that you provide and arrange for the rough sleeper to get access to local services and support.

Victim Support 08 08 16 89 111 is here to help anyone affected by crime. Because we're an independent charity, you can talk to us whether or not you've reported the crime to the police. We are here just to support you. Freephone www.victimsupport.org.uk/help-and-support/get-help/support-near-you/east-england/essex

Mind for Mental Health Support Infoline: 03001233393
Email: info@mind.org.uk

Samaritans now has the free telephone number.

You can talk to Samaritans on the phone whatever you are going through. Calls are free from anywhere in the UK on telephone number 116123 day and night. If you are struggling to cope and need someone to listen without judgement or pressure, please give us a call. If you prefer to email you will receive a response within 24 hours by contacting us on jo@samaritans.org

Childline

You can talk to us about anything. No problem is too big or too small. Call 0800 1111 or via 1-2-1 chat between 7.30am and 3.30am every day.

A Declaration of Faith

I declare I am grateful for who God is in my life and for what He's done.

I will not take for granted the people, the opportunities and the favour he has blessed me with.

I will look at what is right and not what is wrong.

I will thank Him for what I have and not complain about what I don't have.

I will see each day as a gift from God. My heart will overflow with praise and gratitude for all of His goodness.

This is my declaration.

Amen

