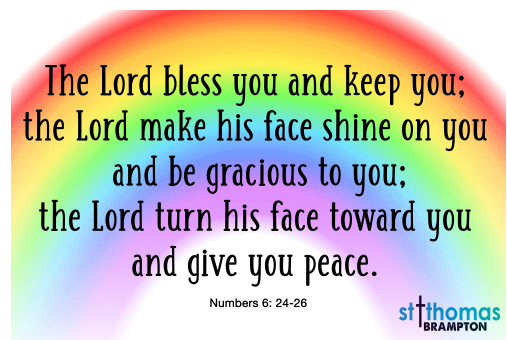


Community Update 2nd June 2020  
[corona.stthomasbrampton@gmail.com](mailto:corona.stthomasbrampton@gmail.com)  
Mobile: 07838 260571



We trust you are safe and well as you read our latest update from St Thomas' Church, bringing you a few new initiatives, useful links and phone numbers for some local services that might be of value to you at this present time.

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**You might be reading this as a member of our parish, but not a member of the congregation. If you don't have family, friends or neighbours to call on during this crisis, do get in touch [contact details above] if you would like someone to contact you for a chat to help alleviate some of the isolation you might be feeling. We would love to help you if we possibly can, volunteer and health permitting. If we are unable to help, we will certainly try and link you with someone who can.**

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We have gathered a few **useful links, mainly local**, to help you shop and stay connected, whilst adhering to government instruction to stay indoors. Most of the information found below can be found on facebook, but hopefully this will help inform those who are not, or choose not to be on such a public domain.

**New this week - a reminder not to give personal or bank details over the phone – however convincing or genuine the caller may seem.** In some cases, the callers pose as the fraud squad, requesting personal and bank details, even bank transfers, finishing by convincing you into thinking you 'must not tell anyone'. If you

think you've fallen victim to a scam, or receive a suspicious phone call, contact your bank immediately and report it to **Action Fraud** by calling **0300 123 2040**, or visiting [www.actionfraud.police.uk/](http://www.actionfraud.police.uk/).

**Also new this week** – scroll to the bottom for an updated Traidcraft stock list.

*Information has been grouped under the following titles.....*

**SPIRITUAL**

**WELL-BEING**

**GROCERY – local deliveries**

**TOWN WIDE COUNCIL and NHS support schemes**

**USEFUL LINKS and TELEPHONE numbers**

**FOOD BANK donations.**

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**SPIRITUAL**

- **Church of England 'Daily Hope'** - a freephone line offering hymns, reflection and prayer. The line – which is available 24 hours a day **0800 804 8044** has been set up as an alternative / addition to online services – thinking particularly of those unable to connect to the numerous on-line options. If you can think of anyone without the internet, who might benefit from this – please pass on the details and remember to say that it is a **freephone number**.
- St Thomas' weekly prayers and readings, [CLICK HERE](#)

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## WELL-BEING

- **Why not help create a stitched blessings prayer quilt.** The following link takes you to a Youtube recording that Karen Herrick of Harlequin Arts has produced, encouraging us to create prayer squares. Karen wants to gather them together and create a stitched blessings prayer quilt, that we can all proudly display within our own communities after the Corona crisis is over. She gives full information, dimensions and suggestions on the video, or you can find information on the Harlequin Arts facebook page. The link for this '**SewcialConnection**' project is: <https://www.youtube.com/watch?v=qib6dmlBv1A>
- **'Active at Home'** - take a look at this excellent leaflet on how to keep moving during lockdown - [click here](#)
- **VitaMinds** - you can refer/self-refer to this free and confidential NHS talking therapy service by ringing: 0333 0153 496, or email: [iapt@derbyshire.nhs.net](mailto:iapt@derbyshire.nhs.net)
- **'Corona anxiety workbook'** - A Tool to Help You Build Resilience During Difficult Times, produced by The Wellness Society. [Click here to open the workbook](#)
- **Living well with Dementia** - a link to an online version of the programme:  
<https://surveys.derbyshcft.nhs.uk/s/LivingWellWithDementia/>

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## GROCERY – local deliveries

To build a sustainable approach to our support system, we are recommending some local delivery options, which will help in the event of our volunteers becoming ill or needing to permanently self-isolate. If you fall within the vulnerable category, needing to self-isolate, and have no family, friends or neighbours to help, try out the following.....

- **Londis at the top of Chatsworth Road** is currently running a free delivery service for those in the vulnerable/medically self-isolating category. **Ring 01246 568871**, place your order and pay by card over the phone, and the items will be delivered free of charge to your doorstep. [At busy times you might be asked to leave your name and phone number and they will call back]
- **Adams Happy Hens 07923 276372 likewise** [only able to deliver within a 3 mile radius]. If you live further afield, you can also order and pay over the phone, to collect yourselves. You are given a time slot and items are brought direct to your car boot
- **Traidcraft Fairtrade Shop Is Open and local.** Alison and Graham have good supplies of cupboard basics (pasta, tea, coffee, rice, dried fruit, nuts, cereals etc) and a lot of chocolate and biscuits. Contact by phone 566257 text 07817573283 or email [alisonjanew@sky.com](mailto:alisonjanew@sky.com) to arrange either a home delivery or collection. A list of current stock can be seen at the bottom of the page. Contactless payment by BACS preferred but can be made by cheque/cash by arrangement.
- **Chatsworth Farm Shop [01246 565411 xt 5]**, and for your garden **Dunston Nurseries [01246 268468]** are also delivering to Brampton, along with many more, some of which you will find in the S40 link below.

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- **Morrisons, in addition to the standard £35 food box**, is now offering a more bespoke doorstep delivery. **Ring 03456116111 and press 5 to place your order..**

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- **Aldi supermarket** is now offering a food parcel for £24.99, delivered free to your door. Click <https://www.aldi.co.uk/food-parcels> to take you to the order page.

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If you are not able to contact the shops yourselves, we do currently have volunteers who are happy and able to help until we are safe to leave our homes, but would only be able to deliver to your door, and would need to keep and respect safe distancing rules and guidelines, for the benefit of you, themselves and their families.

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## **TOWN WIDE COUNCIL and NHS support schemes.**

- **Derbyshire County Council Community Response Unit** has been launched to help deliver essential services to those in need during the coronavirus outbreak. If you are self-isolating, struggling to meet basic needs, pregnant or aged 70 or over.....
  - Find out how you can get support **or help volunteer by** contacting: <https://crowd.in/uwhwwU> or 01629 535091 [Mon–Fri 9am to 5pm, Sat 9am to 1pm]
  - The best way to keep up to date with the latest information on changes to Council services is to visit the Council's website, [www.chesterfield.gov.uk](http://www.chesterfield.gov.uk) and click on the “Coronavirus COVID-19 updates” icon on the homepage. This will take you to the Coronavirus information hub which is updated daily and provides links to external websites for further information.
- **Derbyshire County Council ‘Adult Social Care and Health’**, are asking those with any medical conditions making them

extremely vulnerable to coronavirus, to register: <https://www.gov.uk/coronavirus-extremely-vulnerable>

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## USEFUL LINKS and TELEPHONE numbers

- **Ploughshare** - St Thomas' Church magazine. [Click here](#) for the latest edition
- **S40 local magazine** - to help you keep connected. [Click here](#)
- **Chesterfield Library** – newspapers, magazines, audio books are available on line [www.derbyshire.gov.uk/libraries](http://www.derbyshire.gov.uk/libraries)
  - You can also register on-line if you are not currently a member.
- **Derbyshire County Council** for miscellaneous enquiries including benefit queries relating to your change in circumstance: [www.derbyshire.gov.uk](http://www.derbyshire.gov.uk)
- **Age UK pre-paid card scheme.** See below for more information and how to access the service. Call: 01773 766922 and leave a message with your full details; or email [administration@ageukdd.org.uk](mailto:administration@ageukdd.org.uk)
- **Christians against poverty:** [www.capuk.org](http://www.capuk.org)
- **Derbyshire Recovery and peer support** If you are 18+ and in isolation, or you feel like you need to talk to someone about how you're feeling, call 01773 734989.
- **Church** – our church building is closed, but our church is not. We would love you to join us for our alternative options, as listed on the home page. Click here to go back to prayers, reflections, youth, kids and adult Church@home links: <https://www.stthomasbrampton.com/updates>
- **'sewcial' Youtube link:** <https://www.youtube.com/watch?v=qib6dmIBv1A>

- **Local job vacancies:** a list of various current vacancies has been received. Email [jane.stthomasbrampton@gmail.com](mailto:jane.stthomasbrampton@gmail.com) if you would like a copy
- and a few more useful numbers .....



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## DON'T FORGET - Stay at home

- Only go outside for food, health reasons or work [if you cannot work from home]
- If you go out, stay 2 metres (6ft) away from other people at all times
- Wash your hands as soon as you get home
- If you do start to meet others, remember to stay 2m apart.

You can spread the virus even if you don't have symptoms.

## FOOD BANK donations

Sadly as a church we are currently unable to collect for the food bank. If you are out shopping at Morrisons however and able to donate food into the bin provided, it would be gratefully received, as the need is currently greater than ever. Here is a selection from the list of non-perishable items needed - **long life fruit juice and UHT milk, tins meat, fish, tomatoes, vegetables, fruit, rice pudding, custard. Pasta, rice and pasta sauce. Tea/coffee and biscuits.**

*Blessings from St Thomas' Church*

## Further details, as mentioned above

Age UK (Derby & Derbyshire) has been awarded a grant from the Police and Crime Commissioner's grant fund, to fund a simple scheme offering prepaid cards to older people struggling in self-isolation and relying on other people to get their shopping.

The initiative will prevent older people from handing over cash or bank cards to those who could seize on the opportunity to exploit them. Instead, the card will only have a limited amount of money uploaded, reducing the risk of a more serious theft and protecting life savings.

Older people using the scheme will arrange to pay back the money to Age UK directly who will then be able to purchase further cards and offer help to more vulnerable people.

"We have known from the beginning of this crisis that older people may well have plenty of offers of help but safely paying a volunteer or neighbour for the shopping was going to be a problem and consequently that older people might keep dangerous amounts of cash at home, share a bank card or financial details inappropriately. So the grant will help us achieve a simple but effective solution keeping older people safe, communities helping each other and our charity helping those most in need."

"Older people who live alone and are coping with self-isolation have no choice but to rely on someone else to do their shopping. In these circumstances, we want to do everything we can to protect them. This scheme not only directs help where it is needed most but also helps prevent crime.

To access the service please:

Call: 01773 766922 and leave a message with your full details; or email [administration@ageukdd.org.uk](mailto:administration@ageukdd.org.uk)

ITEM	SELL PRICE
<b>DRINKS/BEVERAGES</b>	
APPLE JUICE (200ml)	£0.60
ORANGE JUICE (200ml)	£0.60
BREAKFAST BLEND TEA (80 bags)	£2.50
BREAKFAST BLEND DECAFF (80)	£3.45
EARL GREY TEA BAGS (50 bags)	£2.05
LOOSE LEAF TEA (125g)	£1.70
White Tea and Pear Tartan tea (20 bags)	£1.90
Vanilla Chai (20 bags)	£1.90
Green Tea (20 bags)	£1.90
Lemon and Ginger (20 bags)	£1.90
HOT CHOCOLATE (250g)	£2.95
LARGE INSTANT COFFEE (500g)	£18.25
FILTER COFFEE MED DECAFF (227g)	£3.80
MED ROAST FILTER COFFEE (227g)	£3.80
DARK ROAST FILTER COFFEE (227g)	£3.60
<i>we're hoping to have instant coffee back in July in small jars</i>	
<b>SWEET TREATS</b>	
DARK CHOC COINS (65g)	£2.25
FRUIT and OAT COOKIES (180g)	£1.90
GINGER COOKIES (180g)	£1.90
LARGE MILK COINS (58g)	£2.50
MILK CHOC COINS (65g)	£2.25
MILK CHOCOLATE (100g)	£2.35
STRAWBERRY/WHITE HEARTS (80g)	£4.00
CHOC CHIP COOKIES (150g)	£1.20
DARK CHOC HEARTS (80g)	£4.00
DARK MINT CHOCOLATE (90g)	£2.15
DARK RASPBERRY CHOCOLATE (90g)	£2.15
DIVINE CAPP CHOCOLATE (35g)	£1.00
DIVINE DARK CARAMEL CHOC (35g)	£1.00
DIVINE DARK CHOCOLATE (35g)	£1.00
DIVINE MILK CHOCOLATE (35g))	£1.00
DIVINE MILK ORANGE CHOC (35g)	£1.00
Divine TASTING SETS (12 x 15g)	£6.00
DIVINE WHITE CHOCOLATE (35g)	£1.00
GINGER THINS (200g)	£4.00
JELLY BEAN - FRUIT COCKTAIL (75g)	£1.20
LIQUORICE WHIRLS (150g)	£1.50
MARZIPAN/ORANGE DARK CHOC (100g)	£2.65
MINT THINS (200g)	£4.00
MUSCOVADO WHITE CHOC (100g)	£2.35

PRALINE MILK CHOCOLATE (100g)	£2.35
SALTED CARAMEL THINS (200g)	£4.00
<b>CEREAL</b>	
EXOTIC FRUIT MUESLI (750g)	£3.75
FRUIT AND NUT MUESLI (500g)	£3.60
GOLDEN GRANOLA (350g)	£3.75
<b>STORE CUPBOARD</b>	
BROWN RICE (1Kg)	£3.50
CHILEAN BLOSSOM HONEY (500g)	£5.20
CHILEAN NECTAR HONEY (500g)	£4.95
COCOA (125g)	£2.95
COCONUT MILK (400ml)	£1.95
CURRY SAUCE SWAZI (275g)	£3.20
FOUR PEPPERS GRINDER (50G)	£4.50
GARDEN HERBS GRINDER (40G)	£4.50
OLIVE OIL (250ml)	£7.00
OLIVE OIL (500ml)	£11.20
ORGANIC ORANGE MARMALADE (340g)	£2.65
PEPPER POPPY SEED CRACKERS (130G)	£2.00
STRAWBERRY JAM (340g)	£2.65
SWAZI MIXED FRUIT CHUTNEY (300g)	£3.20
TOMATO AND CHILLI SAUCE (330g)	£2.70
TUNA FISH (160g)	£2.05
WHITE PASTA FUSILLI (500g)	£2.70
WHITE RICE (1kg)	£3.50
WHITE SUGAR STICKS (approx 500 x 3g)	£8.00
YELLOW CURRY PASTE (125ML)	£4.25
ZAYTOUN COUS COUS (250g)	£2.65
ZAYTOUN FREEKEH (250g)	£2.65
ZAYTOUN ZA'ATAR HERB MIX (80g)	£3.90
<b>DRIED FRUIT/NUTS/SNACK BARS</b>	
APRICOT AND RAISIN BAR (40g)	£0.70
APRICOTS (125G)	£1.90
CASHEWS (150g)	£3.55
DATE AND WALNUT BAR (40g)	£0.70
FIVE FRUIT SALAD BAR (40g)	£0.70
MEDJOUL DATES (250g)	£3.60
MIXED DRIED FRUIT (500g)	£3.55
PINEAPPLE AND CASHEW BAR (40g)	£0.70
RAISINS (500g)	£3.10
SULTANAS (500g)	£3.10

WALNUTS (125g)	£3.55
ZAYTOUN ALMONDS (150g)	£4.00
<b>HOUSEHOLD ITEMS</b>	
KITCHEN ROLLS (2 roll pack)	£1.80
SOAP (125g)	£1.35
TOILET ROLLS (4 roll pack)	£2.50
<b>BIO D RANGE</b>	
LAUNDRY LIQUID WASH (1Ltr)	£5.30
BLEACH (400g)	£2.10
ECO WASH POWDER (1Kg)	£4.35
FABRIC CONDITIONER (1ltr)	£2.45
GARDENING GLOVES MED/LGE	£4.50
HANDWASH GERANIUM (500ml)	£3.80
HANDWASH LIME/ALOE VERA (500ml)	£3.75
MULTI SURFACE CLEANSER (750ml)	£2.75
WASHING UP LIQUID GRAPEFRUIT (750ml)	£2.20
selection of <b>cards/gifts/socks</b>	
please see website of traidcraft	
shop for more details	
<a href="http://www.traidcraftshop.co.uk">www.traidcraftshop.co.uk</a>	
<b>items may be in stock and can be</b>	
<b>ordered - PLEASE CONTACT US FOR MORE DETAILS</b>	