

SOMEONE I KNOW HAS A RELATIVE OR CLOSE FRIEND IN HOSPITAL...
OR HAS LOST SOMEONE THEY LOVE - WHAT CAN I DO?

- ✚ Add their name and the name of their loved-one to a prayer list; tell them you have done so. If this is within a prayer-focus, take and message/ email it to them. You could do this even if your post is stuck to the fridge!
- ✚ Send a card assuring them of your prayer. Include your contact details.
- ✚ Pray the prayers from the sheet '*Prayers and Thoughts That Might Help You*' - for them - and for others at the same time each day.
- ✚ If you have flowers in your garden, make a posy to leave on their doorstep - with love.
- ✚ Find a small gift online and send it with your love.
- ✚ Drop small food parcels outside their door - with a card popped through the door to offer your love.
- ✚ Prepare a simple meal - easy to heat through thoroughly - and leave on the doorstep. Let them know it is there!
- ✚ Send short texts - emails - or online greetings cards... Don't expect a reply to all of them but these will offer regular and gentle reminders of your solidarity in their anxiety or sorrow.
- ✚ Make occasional phone-calls. Judge the frequency by how many others are likely to be calling - anxiety and grief can be exhausting. Someone without a family would, perhaps, welcome more than someone with a large number of people who will also be calling.
- ✚ If someone has died, find out the time of the funeral and promise to be praying with them at that time. Let them know you will be doing this - you could use the *Service of Remembrance* Leaflet.
- ✚ Send flowers/ a plant on the day of the funeral or soon after.
- ✚ Make a note of the date of the death and put a reminder in your Calendar/ diary to send a note or card a month on... and beyond if necessary.
- ✚ Parishes might send a card and include the details of a bereavement support group who may be able to offer telephone, FaceTime or ZOOM support.
- ✚ Keep doing whatever you have chosen to do... this is going to be a long haul!

