

# THE SOUTH WEST IPSWICH TEAM MINISTRY

The Church of England in South West Ipswich

*Registered Charity Number 1171465.*



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## Corona Virus Guidelines

**\*\*\*\* Updated 14<sup>th</sup> March 2020 \*\*\*\***

We recognise that at this time there is a lot of uncertainty and fear around the spread of the Corona (COVID – 19) Virus. As a team we are constantly reviewing our practices in light of the advice from the national church and our own Bishop's to ensure that everyone is kept as safe as possible and to minimise unnecessary anxiety and panic. As the virus spreads and the government response evolves, we will continue to monitor these and update them as necessary. We are committed to only sharing official information provided by the national church, the NHS, Public Health England and Suffolk County Council.

One of the things we are doing is working on how to keep in touch with members of the congregation should we need to stop holding public services. If you could send to Mervyn Dye your mobile telephone number we will be able to contact you via text message, in the same way if you are not receiving e-mails from us then could you please send him your email address. A form is attached to this guidance for you to complete to either send to Merv or to give to a Churchwarden. This information will be kept in accordance with all relevant GDPR and accessible only by members of the staff team. Merv's email address is [revmerv@switmparish.org.uk](mailto:revmerv@switmparish.org.uk)

Current Government advice is that individuals should continue to follow good hygiene practices including:

- carrying tissues and using them to catch coughs and sneezes, and binning the tissue;
- washing hands with soap and water (for 20 seconds) or using sanitiser gel to kill germs.

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SOUTH WEST IPSWICH TEAM MINISTRY COMPRISING:- ST MARY STOKE WITH ST PETER'S STOKE PARK AND ST FRANCIS  
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## Stay at home if you have coronavirus symptoms

Stay at home for 7 days if you have either:

- a high temperature – you feel hot to touch on your chest or back
- a new, continuous cough – this means you've started coughing repeatedly

Do not go to a GP surgery, pharmacy or hospital.

You do not need to contact 111 to tell them you're staying at home.

Testing for coronavirus is not needed if you're staying at home.

### Use the NHS 111 online coronavirus service if:

- you feel you cannot cope with your symptoms at home
- your condition gets worse
- your symptoms do not get better after 7 days

## How to avoid catching or spreading coronavirus

### Do

- wash your hands with soap and water often – do this for at least 20 seconds
- always wash your hands when you get home or into work
- use hand sanitiser gel if soap and water are not available
- cover your mouth and nose with a tissue or your sleeve (not your hands) when you cough or sneeze
- put used tissues in the bin immediately and wash your hands afterwards
- try to avoid close contact with people who are unwell

### Don't

- do not touch your eyes, nose or mouth if your hands are not clean

## For up to date guidance go to:

[www.gov.uk/corona](http://www.gov.uk/corona) or <https://www.nhs.uk/conditions/coronavirus-covid-19/>

## ***What are we doing (or stopping doing)***

Because of the long incubation period before a person may show symptoms of the virus, we have been instructed to take the following steps until we are advised that the risk to members of the public has passed.

1. Members of the congregation are asked to refrain from shaking hands and hugging during this time of concern.
2. We will no longer physically share the peace in our services, after the president has used the words of introduction the service will continue with the offertory hymn.
3. We will not be passing the collection plate / bag at our services until further notice; we will place a basket / plate at the door before and after the service.
4. We will no longer share the common cup at Holy Communion, the President will consecrate and receive on behalf of the congregation. This is perfectly valid and in receiving the bread only we receive the whole of Communion. It is true that during the journey of our faith there will be occasions when that is all that any of us are able to do. When it comes to reception of Communion God honours our intentions as much as our actions.
5. It is not lawful in the Church of England to use small individual glasses.
6. Intinction, or dipping the bread in the wine also carries with it a higher risk of infection. This actually presents greater risks than drinking from the same cup. Unhygienic fingers and fingernails all too often dip into the wine. Small pieces of bread break off, creating a real hazard for those who are gluten intolerant.
7. In addition, priests presiding at the Eucharist, servers as well as those preparing the elements should wash their hands, preferably with an alcohol-based (minimum 60%) hand-sanitiser.
8. We will, for the time being, still offer the ministry of healing at St Mary's, however we will not anoint with oil or physically touch the person with whom we are praying. Those offering prayer should clean their hands with gel before and after.
9. We will no longer serve refreshments after services or at Church events until further notice.
10. Best hygiene practice should continue to be observed in all pastoral contacts.

## **Pastoral Care**

We will be developing a prayer tree / chain over this coming week, so particular needs / concerns / messages can be passed easily, further details will be made available as soon as they have been worked out.

## Regular Worship

At this time the advice is to continue holding services with the above safeguards in place, however everyone must make the decision on whether to attend or not based on their own health and having weighed up the risks. Should we be advised to cease holding public services (as is the case in some European countries and States in America) we will notify people as quickly as possible via e-mail and text as well as on our Facebook and Instagram Accounts. A reminder of the links is at the bottom of this list.

We will be experimenting during this week with providing video's / podcasts and live-streaming services. To this end we have set up a SWITM Youtube account, again the link is below. We will also aim to circulate details of other sites where you can take place in worship on-line. We will also aim to have specific prayers and readings available by the end of this week.

## Practical Response

As much as possible we will try to provide practical help to those who are self-isolated or ill at home, please contact us if you need help with shopping / prescriptions and if you are able to do the same for your neighbours then please do so.

## Prayer

As Christians we believe in the power of prayer, we have a duty and responsibility to pray for our Government and local councillors who have to make impossible decisions.

For the doctors, nurses, carers and other medical personnel who will be on the front line of the pandemic, for their patience, safety and resilience.

For those who have been infected / self-isolated and are afraid or lonely.

For those who are worried about family and friends, and who are separated from them.

Our Youtube Channel:

<https://www.youtube.com/channel/UC4gDoPAEFhKT2KF0IMELZQQ>

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