



Spring Garden Photo by John Hall

NEWSLETTER

SOUTHERN EAST ANGLIA AREA QUAKER MEETING

May 2020

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RELIGIOUS SOCIETY OF FRIENDS (QUAKERS)
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Meetings for Worship

CLACTON

Harwich

COLCHESTER

EARLS COLNE

SUDBURY

Editorial

John Hall

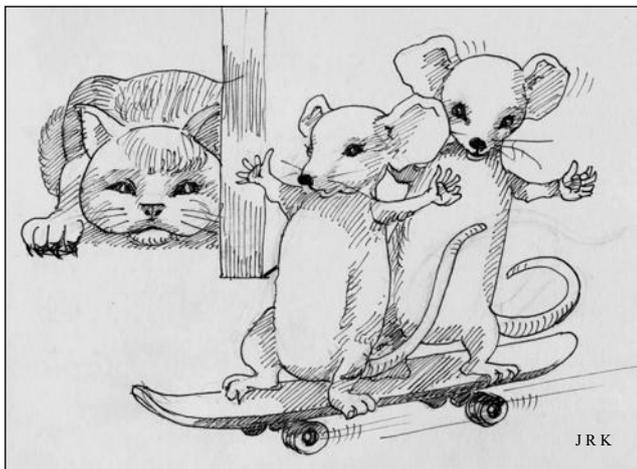
You will have noticed that this is a much abbreviated editorial. So many of you responded so magnificently to my appeal last month with the result that we have a bumper edition for May and I am delighted to give up space to all our correspondents including one

from America. I am sure that you will find much to interest you here.

Please keep your contributions coming. I am sure that with us confined to our homes, we can benefit from your literary contributions.

Please send them to myself wittonwood2@gmail.com or to John Kay at gen@millrind.co.uk by the middle of May. Please stay safe and well.

FIRST CONTACT
FOR FUNERAL ARRANGEMENTS
Charles Bather. Peter Whiteley



*How do I get my paws on that skateboard.
Caption from Rosalind Kaye*

A Thought at Easter

Valerie Graves April 2002.

We can keep thinking about Jesus' message and what it means in our lives. I do find it very hard to believe in a God who would deliberately sacrifice his son to redeem sinners: indeed I find the whole notion of redemption and atonement repulsive.

But without them, and many of the other difficult concepts that we were asked to consider

every Sunday, the downside is that it places responsibilities squarely on ourselves. I am sure that God is there, and that he will help me when I need him, but not by bringing me a nice day, or indeed a new baby.

He is a reference point against which I must measure all my actions. And if I fall short, as I certainly will, his love will comfort me and get me going again. Over and over again we find that small actions mount up, even if our tiny efforts seem rather hopeless.

Reminders of past times.

John Lewis

I am too embarrassed to explain how the vital bag of soft brown sugar was rock solid. But rock hard it was.

I needed it right then for my crumble. The freezer is full of fruit that I am not managing to eat by myself but I have discovered that crumbles use it up, rhubarb, gooseberry, plum crumbles all relieve the surfeit and use the old fruit. I always have a pudding in the larder now.

Halfway through the crumble recipe I had choices: throw the rock hard sugar away, or break it up by hand. Throwing away was out of the question as (being forbidden to go shopping) I could not replace it. Breaking it up by hand would take ages but I seem to have an endless supply of time today. I settled down to break up my little rock of brown sugar.

Dreamily I persevered. What a strange way to spend an afternoon. Time passed. It reminded me of squatting by a sack of flour on a Greek tramp ship long ago

and picking out weevils. As I remember it took all one tropical afternoon but what was time to the ship's apprentice as we plodded across the ocean at 10 knots? The long comfortable rolling of big ocean swells. Throwing the flour away was out of the question as it couldn't be replaced at sea.

And in a flash a much older image came to mind, perhaps why I remembered the weevily sack of flour. Long before, perhaps during the war, a small boy squatting over a biscuit tin. The tin was full of sugar and inevitably

in the temporary Nissen hut accommodation, ants had taken over the sugar tin. I don't remember how successful I was – I am sure my mother would never have thrown away the sugar in wartime so I suppose I picked out the ants or maybe we just ate a few.

Whilst I daydreamed my rock was restored to soft brown sugar in no time. The crumble put in the oven and a moments irritation forgotten. What pleasant memories to fill a silent, solitary afternoon.

John Lewis

Wallflower

Janet Thomas

I had cut some garden flowers and brought them indoors. Smelling them dreamily, I said to my husband, "I wonder why there's never been a perfume called "Wallflower"?"



The United Nations Millennium Development Goals :

An overview

Rod Usher

The Quaker Centre for European Affairs in Brussels hosted a conference on Economic Justice in November, 1999. The Millennium Development Goals were highlighted as a determined focus to help the developing world; the European Union (EU) actively promoted these goals. The least we as Friends can do is to be aware of them and continue to champion them in any way we can, even though the original time frame is long past?

What is economic justice?

It was suggested that a definition of economic justice could be: no destitution, a reduction in poverty, equality of opportunity and equity (a fairer distribution of wealth). A greater measure of economic justice can still be considered through the *UN Millennium Development Goals (MDG)*. *The first review of their progress was made in 2005; and 2015 was the initial deadline for the fulfilment of the Millennium Goals.*

Conflict in many under-developed parts of the world and political upheaval in the last 20 years have prevented many of the laudable MDG goals from being achieved, as envisaged *but*, there has been great progress in many aspects of the original goals.

The UN has asked the developed world to focus on the needs of others, and this urgent request should not be masked by allegations of poor behaviour by peace keeping forces and senior UN officials, or by corruption in exploiting resources. The needs of the poor nations are much more important than further salacious details of human weakness in high places.

What were these UN inspired goals?

1. Eradication of extreme poverty and hunger; halving the proportion of people living on less than a dollar a day; and reducing by half those who suffer hunger. *Some progress has been made in many countries.*

2. Universal primary education for all boys and girls. *Excellent progress in some countries; modest progress in others, as they*

strive to establish schools and a skilled workforce.

3, Gender equality and the empowerment of women in primary and secondary education. The last 20 years has seen much greater recognition of the importance of this Goal.

4. A reduction in child mortality by two thirds among children under five. Reducing maternal mortality by two thirds. Again, great improvements in many countries; increasing use of improved technology and skilled doctors.

5. Halt and begin to reverse the spread of HIV/Aids and the incidence of malaria and other major diseases. Medication has transformed dealing with Aids; malaria continues to be a problem in many countries. There is now a major threat from new strains of virus, with world-wide consequences.

6. Ensure environmental sustainability: increase access to safe drinking water and improve the lives significantly of at least 100 million slum dwellers by 2020. *This is now a higher priority in many countries. There is now*

greater training in water storage and efficient use of clean water.

7. Develop a global partnership for development through open trading and financial systems which are rule-based. Address the special needs of the least developed countries and those which are most heavily indebted. To enhance debt relief and the cancellation of bilateral debt, and offer more generous development to reduce poverty. *Although some progress has been made, this remains a low priority for many developed and rich countries.*

8. To address the special needs of land-locked countries and small island developing States. Confront debt problems through national and international measures. This is also a low priority for many wealthy countries.

9. To develop decent and productive work for youth. *Still a major problem. Many developing countries now have large numbers of trained people and graduates, but suitable employment is scarce. Trained young women and men become angry and resentful that their skills are not used; many remain unemployed.*

10. With the pharmaceutical companies, to provide access to affordable essential drugs in developing countries. *This is improving, but pharmaceutical companies struggle to meet demands and often charge high prices to 'enable further research to be undertaken'.*

11. In co-operation with the private sector, make available the benefits of new technologies, especially information and communications technologies. *The growth of advanced communications and technology has been dramatic in all countries; this continues, but often widens the gap between the 'haves' and those who 'have not'.*



Roses

photo: Julia Usher

What next?

It was made clear at the Brussels conference in 1999 that the EU had accepted these goals and is working with its member States to try and achieve them. In addition there is now enhanced awareness of dramatic climate changes. By 2050 profound climate changes will be evident. At the same time demographic changes and a fairer distribution of resources will have become central to further development. There continues to be a still greater need for countries and groups of countries like the EU to work in partnership and adhere to mutually agreed rules which will ensure fairness and a

more equal distribution of the world's wealth and natural resources. At this stage it is folly for the United Kingdom to withdraw from the European Union. With obvious faults the EU continues to be the best partnership available. Even so the recent pandemic will leave many countries diminished. Could this new crisis bring countries closer together in their quest for widespread developments and improvements in all countries? Experience in the last 20 years has given encouraging signs of shared development in facing up to the Millennium Development Goals.

Keep Calm and... Rethink the Beatitudes

Tony Jaques at the Othona Community

Blessed are the gel users - with them you are in safe hands
Blessed are the sneeze-catchers - for they will bin their tissues
Blessed are the shelf-stackers - for they mitigate panic-buying

Blessed are the ventilator makers - yesterday they built cars or weapons

Blessed are the stranded tourists - may their minibars never run dry

Blessed are the epidemiologists - for they will crunch the numbers

Blessed are the caring neighbours - for they will spot who needs some help

Blessed are the asymptomatic carriers - for it is not their fault
Blessed are you when you self-isolate - for you shall re-read every good book, eat every tin of beans and maybe even tidy the attic

Blessed are the frequent hand-washers - for their touch is welcome and their conscience clear
From Jane Herd

Last Ministry

John Tann sent his last Ministry to me to read during Earls Colne Meeting for Worship if I felt it to be appropriate. Needless to say I did so. I hesitate to suggest that it (or part of it) might find a place in the Newsletter. But it might be a revelation to some newer Friends to see the quality and strength of faith that John possessed.
Charles Bather

To dear Friends Meeting for Worship at Earls Colne

John Tann

I think it was one of our more reprehensible kings who complained that he was 'an unconscionable time a-dying'. I know what he meant, but I'm not complaining because for me this present experience is one I am finding enriching. So many people we know, most of them Quakers, have been holding Joan and me in their thoughts and prayers and helpfulness.

My life is still wonderful. The blessing of a long, happy and eventful time of knowing and loving Joan since my Sixth Form days has been full of the experience of recognising the leadings of God in some unexpected and sometimes unusual ways. I can still enjoy writing, reading and eating, sitting out in the garden

on fine days, and sometimes, for a short time, to have a visit. Our family, Andrew, Judy and Geoff provide strong, loving support and keep us on our toes in cheerful spirit.

So how do I understand life as it is for me now? I find that rather than preparing myself for death, I am being prepared. So much has been written about being 'prepared to meet God', as if he were a stranger. Unhappily this is so for very many.

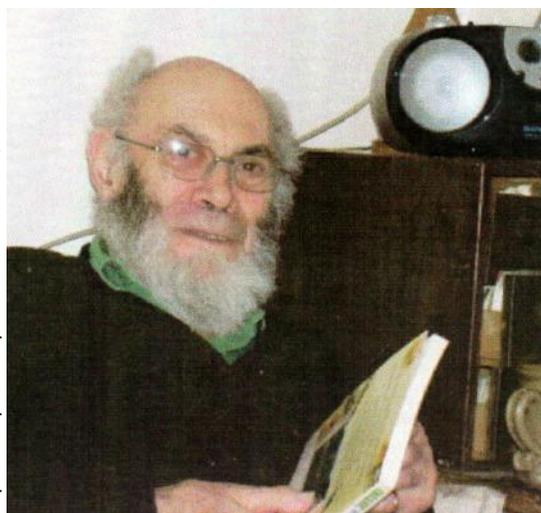
Our Quaker way of stilling our lives and letting the Lord take over our minds and spirits can be a strength as his presence is realised within us.

This is very much a time for dwelling on the 'things that are eternal', which is helped by trying to shed my life of unnecessary clutter. Famous last words

as I have always been a most untidy and acquisitive chap! But theological notions have ceased to matter, and with Pierre Cérésolle in QFP I have come to see that 'if you will allow me simply to have Christ as my friend, he may become what you call God'. That after all is how Peter, James & John and very many others in the New Testament began their discipleship. Years ago, as some of you know, we had a young attendant here, Sean Bampton. For a long time since then he has been leading a full life as a Benedictine monk at a monastery near Inverness. In their equivalent of our Advices and Queries, known as The Rule of St Benedict, occur the words 'Prefer nothing whatsoever to Christ'. St Paul in Romans 14 wrote, 'If we live, we live unto the Lord; if we die, we die unto the Lord.

Whether we live, therefore, or whether we die - we are the Lord's'. Take heed dear Friends - and always rejoice in the Lord.

With my love to you all. I had wondered whether I should come today and sit with you, but and this is no longer an option.



John Tann 1929 - 2015

Easter Greetings

Julia Usher

Thinking of you all in loving fellowship and Friendship, On a beautiful Easter Morning. With new hopes for our endurance, our faith, and our expectation.



Photo: David Lawrence

Knitting

Anon

When my wife was about seven years old, she was taught to knit by her father's mother. Over the years she became better and better at it, often knitting highly complicated jumpers in Fair Isle, Aran, Sanquar and even Kaffe Fassett patterns. She also produced shawls for newly born babies, which she gave to various friends and

relatives across the world. Little did her grandmother know the extent of her influence in teaching a young girl to knit. That may well be the case of all our actions when we share with children. With many parents having to home school because of the viral pandemic, the enhanced Quaker influence will have long-term beneficial consequences.



Greetings to Area Meeting Friends from the USA

Ann Webb

I thought I would write to update you on what's going on here in the USA as well as my own state of Illinois. As of March 30, Governor Pritzker mandated all of Illinois be on a Stay in Place order through April. This means that all businesses are shut except essential business such as hospitals, police, grocery stores, etc. Restaurants are closed to dine in customers but still operate takeout, delivery, and drive-throughs. All citizens should stay at home as much as possible and not mingle in groups of 20 or more. Doctor appointments are by Telehealth at home. Cases of Covid-19 continue to rise in Illinois but not as quickly as in states such as New York and now Louisiana. Louisiana is seeing a rise from the influx of tourists during Mardi Gras this month.

Everyone is feeling the strain of being shut. I work at a church downtown that also houses a Daycare. The daycares have also been mandated to close and this has put a huge burden on those still working. Our daycare must still pay employees to come back to work when this is over, but some parents cannot continue to

pay if they themselves are not being paid to work at home, which puts us in a dilemma. The church is working with them to help provide financial discounts.

There are, however, those "patriots" who insist that it is all a conspiracy to take away our rights as citizens and refuse to follow government guidelines. That's an admirable trait when faced with ethical decisions, but what to do when it puts other citizens at risk? This is the national discussion we are having right now. Trump is stirring the pot by spouting some of these same insane theories and I can't help thinking this election in November will be overwhelmingly against him. Let's pray it is so.

As for our state, Governor Pritzker has said he is not following Trump nor his cabinet's advice and is working around him to get needed supplies, which infuriates our president. Congress passed a relief bill last week which brings more money in to each citizens pocket, but whenever such bills go for approval there are billionaire perks that get approved alongside "help" for citizens. The details of the bill reveal bailout after bailout for his corporate cronies.

The even worse news is that president Trump (small P on purpose) is more concerned about

bailing out failing corporations because of the shutdown than he is about helping people. He truly believes that America is a corporation and he is the CEO. For the "richest country" in the world we are incredibly short of the essentials such as masks, ventilators, etc. in hospitals to combat the virus. Trump promised many things, but none have come to pass. No "health" insurer is stepping forward to help with this shortage. No millionaire is stepping forward at all, least of all the president, to address the shortages. Many of the Governors of our states have come forward to make their own plans. Governor Cuomo of New York, whose own brother has Covid-19, is leading an admirable front against the president. Trump is now saying that whatever he says goes, meaning he's taking baby steps toward tyranny.

Some Republican Governors in states like Missouri and Utah believe Trump's lies that this virus is no more harmful than the average flu and all will be well quite soon. They have no orders to Stay in Place. They do not believe in mandates to stay home. Trump truly is living in his own universe! For him, profit over people is his motto and the people need to get back to work now and make money for his corpo-

rate skills. Some Republicans and even the president are urging those of us over 60 who may contract the virus to sacrifice ourselves, come back to work, get the virus, and choose to die if it means younger people who need COVID-19 care will live! I kid you not!

Forgive me if I sound bitter, but you yourselves have a similar man in office and Johnson and Trump think remarkably alike. The difference is that I think John-

And the people stayed home.

Kitty O'Meara

And the people stayed home. And read books, and listened, and rested, and exercised, and made art, and played games, and learned new ways of being, and were still. And listened more deeply. Some meditated, some prayed, some danced. Some met their shadows. And the people began to think differently.

It stays with you

David Hewitt

So in 2018 I started attending meetings at Earls Colne. I was made very welcome and felt very at home in the small but happy group. Unfortunately like many people in this modern world, my life is complex, and it was increasingly difficult to give up time away from my family on Sunday mornings, so I drifted away.

I have been searching all my adult life, like many people, for the answers. Brought up in C of E family, although not regular church goes my parents were, and still are, part of the local church community. Like many teenagers I rebelled against this and became a determined atheist,

son, being British, has a bit more sense than our Tyrant in Office. Our elections are once again hijacked by members of both parties putting forward the corporate option and sidelining the truly Democratic options of Bernie Sanders and Elizabeth Warren. I once tried to explain American politics to Reg a few years back and he was bewildered at our complete inability to make the least progress in social movements and political change. The

And the people healed. And, in the absence of people living in ignorant, dangerous, mindless, and heartless ways, the earth began to heal. And when the danger passed, and the people joined together again, they grieved their losses, and made new choices, and dreamed new images, and created new ways to live and heal the earth fully, as they had been healed.

From Pat Savage



looking to science for all the answers.

While I still don't dispute what science tells us, the answers were cold and uncaring and around 2004 my wife and I took a leap of faith and started attending the local Anglican church. Once again, I through myself into it with a determined mind, I even considered priesthood at one point. It was the silence of the Easter vigil one year that moved me most, and when I became disillusioned with other aspects of the organised church, it was this search for silence, that lead me to the Quakers and Earls Colne.

I am still searching, I think I am the sort of person who always will, driven by something restless inside me that won't settle and keeps me moving on. In 2019

problem is BIG MONEY in our elections and guiding our country at the expense of the ordinary citizen. In my thinking we are in "corporate lockdown" as well as a health lockdown. Republicans continue to make it difficult for people to vote, knowing full well that a good turnout in the election means Trump's demise.

We live in desperate times Friends. I am thinking of you all, as I hope you are thinking of us!

meditation became my new pre-occupation. I sometimes use the "Calm" App on my phone to help me meditate, but there is something about sitting in silence with others which is more powerful than sitting alone. If God is within all of us, then perhaps we can hear God better when we are surrounded by others listening with us, in silence.

So really I just wanted to write to say, while I may not be with you at Earls Colne, and currently because of this virus none of us can be, I will today still be listening in silence with you my Friends, I hope you can hear me, the silence you gave me has stayed with me and I hope it stays with you.

Very best wishes, stay safe love to all.

What it was like then

John Hall

The one thing we have in common with the 17th century is illness with people, then as now, shutting themselves in.

For example, the plague of 1665/6 killed 4,817 people in Colchester i.e. half the population. Ralph Josselin of Earls Colne frequently described his family's illnesses as well as his own in his diary, but he almost never consulted a physician because the nearest doctors were at Braintree (9 miles away) and Colchester (10 miles).

And while, as we know from George Fox's *Journal*, he and the Valiant Sixty travelled around the country, visiting the many groups of Seekers and spreading their ideas which led to Quakerism, travel was not easy. One had to walk or hire a horse.

Stage wagons accommodating up to 20 ordinary people were slow as the driver walked beside the horses. Coaches did not do more than 5 mph and covered only 30 miles a day. It was difficult to find one's way. The first road map was not published until 1675 and direction posts and stones were not erected until after 1697.

In some places all strangers were interrogated and committed to the local magistrates if they could not give a good reason for being where they are. One could be fined for travelling on a Sunday. The roads were bad as they were maintained only by local parishioners who had to provide six days work a year to maintain them, but then only the main roads.

Improvements were made slowly as, for example, when the second Turnpike Act passed in 1695 funded the Shenfield-to-Harwich road.

Nevertheless, robbery was a problem and a report compiled in the reign of Charles II named nineteen highwaymen known to be active in East Anglia alone. Our Friend James Nayler was robbed and killed on the road in 1660.

It was a time of religious upheaval. There were very many sects and movements and very few survived, but one of them that did as we know is Quakerism. As James Parnell, Edward Burrows and others journeyed to meet people searching for a new religious way forward, the country in which they travelled was quite different to the 21st century. 75 per cent of the population lived and worked in the countryside and villages, and about 80 per cent of these people worked in agriculture.

Even better-off husbandmen with 20-50 acres lived precariously. The land they farmed was rented or leased, and when some of it had to be left fallow, the challenge of making enough on the remainder to pay the rent or save for a new lease pushed many farmers into penury. At Skiggs Farm in Writtle, for example, the vast majority of the wealth was in the form of food while the rest of the farmer's wealth was out grazing in the fields and rooting in a pig sty. As Quakers were to discover, being fined a pig or cow for not paying tithes to the church could lead to penury.

Towns were very much smaller than now. For example, Colches-

ter was one of the larger with a population of 9,000 [112,000 now] while Birmingham was only 6,000 [1.2 million]. Also, people were very much younger and while the average age of people now is 40-59 years, in 1695 it was 0-19 years.

In 1662 and 1672, Charles II tried to deliver religious toleration for all but was forced to back down. At the time, Quakers were the most hated and persecuted nonconformist sect of all. They were variously called "the most incorrigible sinners; heretics; a dangerous sort of people; a vessel of fanaticism; the fag-end of the Reformation with a sullen, meagre look" and "clownish hypocrites". Quakers allowing women to preach was one reason for the hatred of them. The prejudices against females were so deep-seated that many women shared them. If any goods or chattels were given to a married woman, they all immediately became the husband's. Even her clothes did not belong to her. In the 1680s, only 13 per cent of English women could sign their name. It was, indeed, a different world.



Vase

photo: Julia Usber

Exchanges

(from Lines on Lebanon)

Antony Johae

One Sunday, after Meeting, I get on the bus from Broumanna to Bikfaya. On the front seat, by the open door, a local woman, bare-shouldered but for black

straps and straight hair down to her back.

On the other side, a refugee couple, he dressed for summer, she with baby in arms, covered to her ankles. Baby kicks and babbles; mother babbles too.

With white arms stretched out, the woman by the door takes the

baby to her white chest, rocks in silent lullaby; the baby's eyes flutter shut.

At Baabdat, she stands to get off. Mother takes back her sleeping baby with thanks to the local lady. Husband and wife smile, door shuts and the bus drives on.



Spring Garden

Growth

Growth in essentials can be done in different ways, but all of them have as their root restraint in speech, that is, not praising one's own religion, or condemning the religion of others without good cause. Contact between religions is good. One should listen to and respect the doctrines professed by others.

Emperor Ashoka, India, 250BC



Anxiety in a Time of Pandemic

Finding a place of understanding

Jane Herd

We are in lock down, stuck at home with the looming menace of a fatal disease hanging over all of us. Those of us who do go out only do so if we must and there is great support and sympathy for the many adults who need to go to work to care, feed and look after others.

There are those though who do not seem to be keeping to the rules, from minor infringements of sunbathing or driving to a nicer walk, to going out and meeting others, and even organising parties or get togethers.

It is easy to be angry and critical of these people, to take the moral high ground. However, it takes certain internal and external re-

sources to manage the current situation well.

I am lucky to have my own home and garden, to be mentally well and to have a generous group of friends including a strong Quaker community who uphold me daily through social media, phone calls and emails. I can't work currently but can apply to one of the government schemes, I have savings, I can afford to live without much concern.

Although it seems that some of those with extensive privilege act as if the rules don't apply to them I am principally concerned about how we might understand those whose lack of privilege may make it very difficult, if not impossible to manage the demands of our current context?

It might be that someone is stuck in a flat with small children and no garden, with limited or no income and cannot pay the bills and cannot leave the house alone

as there is no one to safely look after their children.

There may be no laptop, tablet or wifi to see the faces of friends or families or much worse no friends and family who you are connected to or would be concerned for you. It may be easier to be sympathetic with someone in this position who is shuffling round the shops with small children or letting them use park equipment that is out of bounds.

Yes, I know they shouldn't, and it increases the risk to us all but who can say how we might manage in such a predicament.

Then there are those who want to go out and party, often the young but sometimes those who are older, and we think they should know better. I would relate this to the management of anxiety, for those who may not have had their emotional and relational needs well met as children and young people and have

no one available currently to help them manage their feelings, anxiety can quickly become overwhelming.

A natural physiological response is to go into fight or flight, to want to be out and escape and to challenge those who are trying to keep you in with an attitude of defiance. This is not logical; the logical higher brain is not in

charge but our more primitive responses to threat and no one can deny that coronavirus is a threat.

I am not saying this behaviour is ok. It is dangerous and potentially deadly for those who cannot contain their anxiety and stay at home. For those of us who are in stable comfortable situations to meet others struggles with con-

demnation is not helpful, but to accept them as holding a sacred light as we all do and to hold them in this is something, we can all offer.

If we can find opportunities to help others manage their feelings better by being kind and caring rather than critical then we may all be able to manage a little better.

The Ownership of Data

We had better call upon our lawyers, politicians, philosophers and even poets to turn their attention to this conundrum: how do you regulate the ownership of data? This may well be the most important political question of our era. How do we cope with the immense challenges of the biotech and infotech revolutions?

Yuval Noah Harari, 21 Lessons for the 21st Century



Introducing Community Shield

From Essex County Council

People across Essex are supporting their family, friends and neighbours who are at the most risk from coronavirus because they are older, vulnerable and have health conditions. Public services across Essex are stepping up support for people who may not have help from their nearest and dearest.

How will it work: The Essex Resilience Forum (ERF) made up of all the county public sector organisations is tasked with ensuring that people with the most serious health conditions across Essex, Southend and Thurrock, are shielded from social contact for 12 weeks during the peak of the epidemic. These people have been written to directly by the Government and told to expect food packages to be delivered to them. A distribution hub has been set up by Essex County Council in With-

am in central Essex, with two other hubs set up by Southend and Thurrock Councils. Food packages will be dispatched to vulnerable residents. Given the importance of social distancing and the most at risk being able to stay in their homes, ERF members and the voluntary sector are also mobilising resources across the county to provide assistance to a larger group. These are residents who are also vulnerable during the peak of the epidemic, and includes people over the age of 70 or pregnant women, who do not have the support of friends, family or neighbours. Councils across the county are working with supermarkets, delivery companies and other organisations on developing supply lines to people. District Councils will also use their local hubs, which have been established in every district, borough and city council area, using volunteer support.

How will they be contacted: These residents will be contact-

ed by the NHS, or their GP surgeries, starting from the week commencing Monday 30 March. The message will set out the instructions for those people who do not have the support of friends, families and neighbours, to register with the Essex Welfare Service (EWS) (part of PROVIDE, a health and social care provider), should they need food deliveries. They will be able to contact the EWS via essexwelfareservice.org and by calling 0300 303 9988, Monday to Friday between 8am to 7pm, and Saturday to Sunday between 10am to 2pm. We recognise not all of residents identified will need support, and many will have organised their own arrangements already. However, Community Shield's aim is to ensure that no-one slips through the net. If you need support and have not received a message, please contact the EWS directly.