

## Holy Trinity Church, Church Lane, Potten End HP4 2QY

Dear friends,

As we start to emerge from the COVID-19 'lockdown' and begin to venture out into our community and (slowly) back to church it is a time to both be thankful and reflect.

I am very aware that the situation we have been through, and continue to go through, has been harder for some of us than others. Whilst some of the community are thankful for the peace and family time it has enforced on us for others it has brought anxiety, depression and even fear.

Please know that you do not have to suffer alone. As the Parish Safeguarding Officer I am happy to help and support anyone who feels the need to talk to somebody in difficult times, as I know Rev. Joe is too. Please feel free to contact either one of us for a confidential chat.

If you are not ready to talk to somebody in the community but feel the time is right to reach out for help and support, please look at the helpful contacts below as some are quite local to our village.

Wishing us all health and support in these difficult times

Bev Hamilton

07900 673973

Rev. Joe Roberts

01442 865217

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| <a href="http://www.iamcherished.co.uk">www.iamcherished.co.uk</a>     | 01442 767390                   | free of charge services for women in Hertfordshire who have suffered abuse, are vulnerable due to substance misuse, offending or mental health; or those who have involvement with Children's Social Care |
| <a href="http://www.hertsmindnetwork.org">www.hertsmindnetwork.org</a> | 01923 256391 (crisis helpline) | Counselling and mental health support, includes online courses on relaxation as well as crisis support  |
| <a href="http://www.refuge.org.uk">www.refuge.org.uk</a>               | 0808 2000 247                  | National Domestic Abuse 24 hour Helpline helping you to know your rights and options as well as offering support  |
| <a href="http://www.Childline.org.uk">www.Childline.org.uk</a>         | 0800 1111                      | For anyone under the age of 19 in the UK. Talk about any issue with trained counsellors   |
| <a href="http://www.hertssunflower.org">www.hertssunflower.org</a>     | 08 088 088 088                 | Free and confidential support for anyone affected by domestic abuse. Mon – Fri 9am-9pm and Sat-Sun 9am – 4pm  |