

HAPPY CHRISTMAS AND BEST WISHES FOR 2021
from East Northants Community Services (ENCS) – December 2020 update
Also serving the district through the East Northants Faith Group (ENFG)
(Registered Charity Number 1154210)



ENCS update

The toy event 'My Christmas Wish' mentioned last month went very well. On Saturday 5th December, toys/gifts and a Christmas hamper were given to each family from the Rushden Food Bank, totalling over 90 children. Thank you to the organisers (East Northants Child Contact Services with the Independent Wesleyan Church and Simpson & Weekley estate agents) and everyone who donated or helped.

The **December issue of Link2hsg**, the East Northants Council housing newsletter includes a report of work by Amy Byfield, the ENCS Housing Outreach Worker, and an update on plans for the North Northants unitary Authority. See it at <https://spark.adobe.com/page/6ZsBGixJp7Uoq/>

At ENCS, we are reliant on **grant funding and donations** from individuals, groups and companies to keep our services running. We are incredibly grateful to all those who can support us, whether with food items, their time, financial donations, spreading the word or keeping us in their prayers. If you can support us, you can drop off donations at our food banks during their opening times.

You can also use our **giving page** to give a one off or recurring donation <https://www.give.net/20217071> and remember to **gift aid** it if you can! God bless, Jo Burns

How to access services:

- Unfortunately our **night shelter** is currently closed (although watch this space!) but if you or someone you know is homeless or at risk of homelessness, get in touch with Homes Direct as soon as possible, on 0345 600 5050.
- Our **food banks** are there to help people with food, but we are also there to help prevent individuals and families from having to rely on food banks. We can help with paperwork, signposting to other services, budgeting, benefit paperwork, amongst other things! We believe no one should have to keep accessing a food bank so please let us know how we can help you or someone you know.
 - **Rushden:** Tuesdays and Thursdays 9:30am till 12noon at Full Gospel, 60 High Street South
 - **Raunds:** Thursdays 9:30am till 12:30pm at Raunds Community Centre
 - **Thrapston:** Tuesdays 1pm till 3pm at the Baptist Church
- **Recovery House** – if you or someone you know needs to access our rehab, they can give Recovery House a call on 01933 353760 to arrange an assessment and find out more.

If you have any queries on the work of ENCS, or wish to help in any way, please contact Jo Burns on info@encs.org.uk or 07871 999020.

Thursday 21st January: Friends of Refugees East Northants: meeting on Zoom – all welcome. Details from Andrew Presland (01933 316927)

Toiletries wanted for people in need:

If anyone has toiletries to donate, please put them in touch with me. The items from hotel bathrooms are always good, most people bring them home with them and I am gradually getting people who know me to donate these items. *From Chris Clavey:* chris.clavey@talktalk.net

Please contact Andrew Presland at andrew.presland.harborough58@gmail.com or by phone on 01933 316927 if you would like more information on anything mentioned here – or have information that you'd like including in a future update.

The impact of faith and spirituality on mental health

See Rev Philip Evans (Lead Chaplain at St Andrew's Healthcare) and a colleague (Dr Paul Wallang, Associate Medical Director for Research and Innovation) give an inspiring ten minute talk on their **work on the mental health outcomes of faith and spirituality'** (belonging, becoming, believing, behaving, blossoming) etc. It can be seen on Youtube at <https://youtu.be/--THhXVIm0>



YOUTUBE.COM

St Andrew's Spirituality Outcomes Video

Spirituality and Mental Health. Let's explore.

A webinar looking at what spirituality has to do with mental health will take place from 6 to 7 pm on **Thursday 4th February:** please feel free to register at https://dellmed-utexas.zoom.us/webinar/register/7016075278592/WN_q2LJJ_shS1mhxpQ5O9x-g



Christopher's Perfect Christmas is a 30 minute nativity video for care homes and churches produced by Truth Be Told, an intergenerational Christian project that connects young and old. It's free to watch, and people can sign up after 14th December. This is going out nationally and some of the biggest care providers in the country have already signed up to show it in their homes.

Torch Trust, the Christian sight loss charity, are holding free 30-minute Taster sessions about becoming a **Sight Loss Friendly Church (SLFC)**.

Thursday 21st January 2pm
Tuesday 26th January 2pm
Tuesday 23rd February 7pm
Wednesday 24th February 2pm
Thursday 18th March 2pm
Tuesday 23rd March 2pm.

These interactive Zoom sessions offer an opportunity to hear about all the benefits of this free resource, as well as a chance to meet the SLFC team and ask questions.

Visit sightlossfriendlychurch.org.uk or email slfc@torchtrust.org for more information & to book your place.