



**"Oh you who believe! Seek help with patient perseverance and prayer, for God is with those who patiently persevere." (Qur'an, 2:153)**

Having been in lockdown since 23rd March, our patience is really being tested; and patience is how we behave while we are waiting.

Faith communities continue to do an amazing job to take care and serve the people around them. There are countless reports of different faiths working together along with other charities and local authorities to help those most vulnerable during this pandemic. Let's keep it up and keep sharing information and resources.

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#### Interfaith Week 2020

This year's Inter Faith Week takes place from Sunday 8 to Sunday 15 November.



Below are some pointers and ideas which are provided in a context where the nature of the impact of COVID-19 in the Autumn cannot yet be known.

If you plan a physical gathering, ensure that it is held in a way which reflects the Government's COVID-19 guidance at the time (this may vary depending on the particular nation in the UK). Plan for any physical gathering with a 'virtual' fall back version of the event through use of technology such as Zoom and social media.

If you are thinking about an online opportunity for learning, mixing or helping your community to come together there are a number of things you might do, for

#### Main Faith Festivals in May 2020

- 7: Buddha Day (Buddhist)
- 12: Lag B'Omer (Jewish)
- 19: Night of Power (Muslim)
- 21: Ascension Day (Christian)
- 23: Declaration of Bab (Baha'i)
- 23: Zaratosht No Diso (Zoroastrian)
- 24: Eid ul Fitr (Muslim)
- 28: Ascension of Baha'u'llah (Baha'i)
- 29: Shavout (Jewish)

For a description of the festivals please visit: [Religious Festivals](#)

example:

- Work with a selection of local places of worship to create online tours of these and assemble them into a faith trail that people can take part in online
- Hold a 'virtual' civic reception for local faith leaders and perhaps record a joint Inter Faith Week message about the importance of good inter faith relations in your area
- Hold an art or photo competition which can be judged online if necessary
- Create a calendar for 2021 with pictures taken of inter faith events, places of worship in your area or artwork from different communities
- Create an online quiz about the world's religions and hold the quiz online during the Week
- Create a blog or oral history project about the history of faith communities in your area, when inter faith activity began and how it has developed
- Interview members of local faith communities and non-religious belief groups about the idea of 'service' in their tradition and how their beliefs inspire them and their colleagues to work to help the wider community
- Hold an online 'bake-in' or 'cook-in' where people of different faiths share their recipes and show the finished item!
- If you are a member of a local inter faith group, across the coming months work with members to produce a short history of your group (if you don't already have one!) with some reflections about why it's work is so important and publish it during Inter Faith Week
- Set up an 'inter faith buddy' system where two people of different faiths are partnered and keep in touch across the months up to Inter Faith Week and share their reflections online during the Week (more details available if you would like to try this idea)
- If there are people still needing to self-isolate or be 'shielded' during Inter Faith Week, consider a safe way that you might encourage an inter faith team to volunteer and deliver a special 'Inter Faith Week' lunch with samples of foods from some of the different faith communities in the area
- Create an on-line 'faith fair' for your workplace or Student Union with information about different faiths and beliefs and opportunities to engage in online chats.
- Develop a new website or update your website – or the faith or inter faith section of it – and launch that in Inter Faith Week
- Create an exhibition about different faiths with display panels about each faith group in your area that could be exhibited in an open air space such as at your local rail/ bus station
- Host a webinar or other educational activity for the public
- Create an online exhibition of some of the artefacts in your museum linked to particular faiths, perhaps with talks from people of those faiths

These are just a few ideas. If you have more, we would love to hear!

For further information, contact the Inter Faith Week team, [interfaithweek@interfaith.org.uk](mailto:interfaithweek@interfaith.org.uk)

### The Centre for Christian-Muslim Studies

Wisdom and hope in Christian-Muslim relations through transformed minds

The Centre for Christian-Muslim Studies (CCMS) brings Muslims and Christians together to relate honestly, think rigorously, and explore their respective traditions and religious texts, through teaching and research, discussion and public education.

For more information about the work, some resources and online seminars please visit:

<https://www.cmcsoxford.org.uk/>

### Interfaith responses to the pandemic

Interfaith Network UK have compiled a list of pages on how faith and inter faith groups across the UK are responding to the pandemic .

The weblink also provides information and guidance for faith and interfaith groups

Please visit: <https://www.interfaith.org.uk/news/covid-19>



### Back to work Toolkit



Get expert guidance on how to get back to work as lockdown eases. Or for help to manage the impact of COVID-19 on your business—including advice on sick pay, homeworking and furlough—call 0844 892 3932 or visit: <https://clients.croner.co.uk/covid-19-toolkit/>

### Free Online Training in 24 Essential Modules

In these unprecedented times, Strengthening Faith Institutions (SFI) is partnering with the Virtual College to provide free online training in 24 essential modules. Each course can be completed in your own time, with your own online portal, and with certification from Virtual College, CPD, and SFI. Each faith centre can apply for up to four members of your team to take all of these courses for free. Course places are limited, so please apply as soon as possible.



Please visit: <https://www.sfitogether.org/2020/04/23/free-online-training-in-24-essential-modules/>

### Health and Safety in Places of Worship

There are many different things that you could do in your Church or Place of Worship to keep people safe. For a list of things to consider and resources to help, please visit: <http://www.churchsafety.org.uk/>

### New Pilgrim Path

The Internet offers immense possibilities for encounter and solidarity. "New Pilgrim Path" is a website aimed at sharing with fellow travellers of all Christian denominations the wealth of online spiritual resources we have discovered and continue to discover.

The website features daily prayer, online retreats, reflections, sacred music, poetry, religious broadcasts, and much more.

[www.newpilgrimpath.ie](http://www.newpilgrimpath.ie)

### The Faith & Belief Forum

Formerly 3FF (Three Faiths Forum)



### Communities respond to COVID-19

Here are just some of the many ways in which faith and belief communities and other organisations are finding inspirational and ingenious ways to adapt and respond to very challenging situations.

**#RamadanAtHome:** Muslim family unable to visit mosque during Ramadan build one in their home

**BBC Radio Beyond Belief:** Dr Katie Edwards looks at the way different religions have embraced the digital world during lockdown from Covid-19.

**Help the Hungry:** Faith groups come together to help huge emergency food operation

**The Skipping Sikh:** Berkshire pensioner helping Sikhs in isolation during coronavirus outbreak

**Supporting NHS workers:** Chaplains support NHS coronavirus medics giving end-of-life care

**New BBC plans:** The BBC will support and represent faith communities during the COVID-19 pandemic across its networks.

**Humanist pastoral carers recognised as key workers:** Humanist funeral celebrants and pastoral carers continue work as 'key workers'

### Mental Health Support - DHC Talking Therapies

During this uncertain time, looking after your mental health is particularly important. The coronavirus (COVID-19) outbreak may be causing people to feel increasingly anxious, stressed, worried, sad, lonely or frustrated. DHC Talking Therapies are still open and offering free, confidential support to individuals in Surrey struggling with their mental health

What's Available:

- NEW Live Well Worry Less online therapy group
- Online CBT with SilverCloud
- Telephone or Video CBT
- Telephone or video counselling for depression

**How to access support:**

Self-referrals can be made by calling 01483 906 392 or

online via: <https://dhctalkingtherapies.co.uk/self-referral/>



### **Vishwa Hindu Parishad Last Rite Services**

The World is facing unprecedented times due to the Coronavirus Epidemic. This will result in unusually high number of deaths, which will in turn increase the number of cremations required for Hindus or burials for others.

Services to perform the Last Rites will be stretched as Priests may not be readily available either. Grieving Families will want to give their beloved departed family members the sacred Last Rites as required according to Hindu Dharma.

At such difficult time, Vishwa Hindu Parishad UK (World Council of Hindus) is offering Last Rite Services to all those who wish to avail these for themselves, on the VHP UK Website with all humility and dignity.

Acknowledging there are diverse Hindu beliefs, VHP offers a Minimum Common scriptural text in various languages by different Priests, hopefully meeting the diverse requirements of the Communities for the Hindu Funeral Rites.

The VHP UK (Yorkshire) has published a booklet called Hindu Funeral Rites in Conjunction with the Bradford Metropolitan Council Community Enterprise Section to enable anyone who wishes to avail themselves of this publication. A PDF of this publication will also be available on the VHP UK Website.

This service offered by VHP UK is in keeping with the Selfless Service offered as one of the pillars of Hindu Dharma, SEWA. It is an honorary service performed with Humility and Dignity.

<http://vhp.org.uk/lastriteservices/>

### **Job Opportunity with SMEF**

Surrey Minority Ethnic Forum is looking for Community Development Workers to join their team for three days a week to work on the funding titled [‘Many Hands’ funded by The National Lottery Fund](#), please see the details below.

Are you an experienced Community Development Worker who’s keen on working directly with multi-ethnic communities?

Do you have good language skills verbal and written English?

Are you flexible to work part time and do you have your own transport?

Flexible part time working three days a week preferably Tuesday, Wednesday, Thursday

Two days office based in Guildford, one day is on the field:

Surrey Heath, Woking and Reigate and Banstead areas.

£23,863 per annum pro rata for a 21-hour week 5% Pension

The closing date for applications is 31st May 2020.

Interviews on the phone early June 2020.

Please email Krisz on [krisztinakoch@smef.org.uk](mailto:krisztinakoch@smef.org.uk) or call 07915858124 for more information and /or an application pack



## FUNDING OPPORTUNITIES

### Coronavirus Response Funding

The Coronavirus Response Fund has launched to support local charities and voluntary organisations that are assisting some of Surrey's most vulnerable people.

Donations raised through the Community Foundation's own local Coronavirus Response Fund, as well as funds made available for distribution in Surrey from the National Emergencies Trust Coronavirus Appeal will support community and voluntary organisations providing vital support to people and communities in response to the Coronavirus outbreak.

#### Fund Aim and Priorities

To support community and voluntary groups assisting in the relief effort, in easing the immediate difficulties communities are facing and to support their recovery over the coming weeks and months.

Priority will be given to voluntary organisations providing support to the most vulnerable and isolated, including:

- Older people
- People with disabilities
- People with mental health needs
- People on low incomes; and
- Families with young children

For more information please visit: <https://www.cfsurrey.org.uk/surreycoronavirusresponsefund/>

### COVID-19 Hardship Fund - Voluntary Community & Faith Sector

Surrey County Council (SCC) has established a hardship fund to assist local voluntary, community & faith sector (VCFS) organisations that have suffered financial and other losses as a result of COVID-19, to recover and become sustainable.

For more information and the application form please visit:

<https://voluntarysupport.org.uk/fundraise/latest-funds/>

### Food Charities Grant Fund

Apply for a grant of up to £100,000 for your charity helping people affected by coronavirus (COVID-19).

### Coronavirus Mental Health Response Fund

To help VCS organisations based in England continue to provide mental health services – or provide additional support – organisations can apply for a Coronavirus Mental Health Response Fund (CMHRF) grant.

Thanks to £5m support from government (the Department of Health and Social Care), grants of £20,000 or £50,000 are available for projects lasting up to 12 months.

For more information please visit:

<https://www.faithaction.net/news/2020/04/23/coronavirus-mental-health-response-fund/>

**Surrey Coalition of Disabled People**

**Surrey virtual café** - Join us every Monday for a good catch-up! 11.00 am – 12.00 noon

Who can join? Anyone over 18 can join for free, you just come along when you want to for some light-hearted discussion over a cup of tea or coffee.

**Surrey virtual walk & talk** - Join us for our virtual walk and talk. Every weekday 2.30 pm – 3.00 pm from Monday 30 March 2020 onwards!

**How do I join?**

Join by Zoom: <https://zoom.us/j/3106670662> | Join by Skype for Business: <https://zoom.us/skype/3106670662>

Join by phone: 0800 358 2817 United Kingdom Toll-free | Meeting ID: 310 667 0662

Join by SMS text: 07780 933 053

If you are joining by zoom for the first time, please download the (free) app here: <https://zoom.us/download>

**Join Wat Phra Dhammakaya Buddhist Temple in daily meditation**

Daily meditation and talks on Facebook: <https://www.facebook.com/DMCtvLondon/>

For more information please email: [dhammakayawoking@gmail.com](mailto:dhammakayawoking@gmail.com) | T: 01483 475757

**Live Streaming of Religious Services:**

A Church Near you: [https://www.achurchnearyou.com/live-stream/?tags=Live\\_stream](https://www.achurchnearyou.com/live-stream/?tags=Live_stream)

Diocese of Arundel and Brighton: <https://www.dabnet.org/>

Surrey Muslim Association: <http://www.surreymuslims.org/Resources/>

**Free Online Learning**

How to teach online, free course: <https://www.futurelearn.com/courses/teach-online>

National Emergency Library: <https://archive.org/details/nationalemergencylibrary>

Free online courses from top Universities: <https://www.classcentral.com/>

Free learning from the Open University: <https://www.open.edu/openlearn/free-courses/full-catalogue>

Harvard University currently have 64 courses free online: <https://online-learning.harvard.edu/catalog>

Please click on 'price' and then 'free' to find all free courses.

**Free Online Courses With The Guildford Institute**

The Guildford Institute is hosting a variety of online courses encouraging people to try something new whilst at home. The courses vary from learning languages such as Italian or Spanish to Yoga for Everybody, 'Discover your Inner Cartoonist' and Tai Chi, plus much more.

For more information and details about how to see the full listing of fantastic courses, please see the flyer and follow this link to the website - <https://www.guildford-institute.org.uk/events/category/online-courses/>

**Healthy Surrey Virtual Wellbeing Hub**

Focus on your wellbeing with the Surrey Virtual Wellbeing Hub. Join a coffee morning from your kitchen, or a Zumba class from your living room!

Here's the link for you to find a session - <https://www.healthysurrey.org.uk/mental-wellbeing/adults/virtual>

### **Surrey Arts Online Learning (SAOL) Inclusion Programme**

Before the current health crisis Surrey Arts was delivering a diverse range of activities which aimed to enhance the lives of young people who may be experiencing challenging life circumstances.

We know that music provides a vital creative outlet and a sense of stability and connection for children and young people and we are acutely aware how important it is to continue this offer for children whose parents and carers are key workers as well as vulnerable children who are now in isolation. With that in mind we have been working hard to put together an online music offer that is inspirational, diverse, educational, fun and safe for all involved.

We are now ready to offer 10 x free lessons for the summer term for young people from the following groups.

- Looked After Children in community homes or in foster care
- Care leavers up to the age of 25
- Children who attend Short Breaks funded special schools (music lessons could be either at the school or in the child's home)
- Young people who attend alternative education settings (online lessons to take place within education settings such as Pupil Referral Units, mental health settings etc)
- Unaccompanied Asylum-Seeking Children
- Young refugees
- Young carers
- UP! Orchestra members

For more information please contact: [james.pinchen@surreycc.gov.uk](mailto:james.pinchen@surreycc.gov.uk)

### **Volunteering opportunities:**

For information on how you can volunteer and help in different ways:

#### **Surrey County Council and local volunteering centres:**

<https://www.surreycc.gov.uk/people-and-community/emergency-planning-and-community-safety/coronavirus/community-support/offer-help>

**NHS Volunteer Responders:** NHS Volunteer Responders has been set up to support the NHS during the COVID-19 outbreak. To do this we need an 'army' of volunteers who can support the 1.5m people in England who are at most risk from the virus to stay well. Our doctors, nurses and other professionals will be able to refer people in to NHS Volunteer Responders and be confident that they have been matched with a reliable, named volunteer.

For more information please visit: <https://www.goodsamapp.org/NHS>

**Covid-19 Mutual Aid:** focus on providing resources and connecting people to their nearest local groups, willing volunteers and those in need. For more information please visit: <https://covidmutualaid.org/>

**Nextdoor neighbourhood hub** -Nextdoor is the best way to stay informed about what's going on in your neighbourhood: <https://nextdoor.co.uk/>

### Free Mindfulness Resources as a Response to Covid-19

The outbreak of coronavirus has led to significant changes for many of us across the world. We are having to adapt to challenging circumstances in terms of our work, home life or financial situation, while making sense of moving most of our interactions with others in to the online world.

It is heart-warming to see that many organisations and teachers are providing free access to mindfulness online.

Please visit: <http://www.freemindfulness.org/covid19> for a list of new offerings that are, free, mindfulness-related resources from experienced teachers. If you are aware of a mindfulness resource that has been developed or some freely-available online practice sessions, feel free to email: [peter@freemindfulness.org](mailto:peter@freemindfulness.org)



### Useful Information and Contact Information

#### Information on Coronavirus in different languages:

<https://www.doctorsoftheworld.org.uk/news/coronavirus-information/>

Big Leaf Foundation has made translations of the NHS guidance on COVID-19 available for download directly from: <https://www.bigleafoundation.org.uk/covid-19-advice.html>

(These are languages specifically common to the refugee community)

#### People escaping domestic violence:

National Domestic Violence Helpline: 0808 200 0247 (24hr) or Your Sanctuary: 01483 776822

#### Citizen's Advice: Benefits, Emergency Aid, Food Vouchers, Housing, Debt, Consumer and Legal Issues

Surrey Heath: 03444 111 444 or e: [client@camberley.cabnet.org.uk](mailto:client@camberley.cabnet.org.uk)

Mole Valley: 03444 111 444 or online form: <https://citizensadvicemolevalley.org.uk/get-advice/forms/>

Dorking, email: [dorking@camv.org.uk](mailto:dorking@camv.org.uk)

Leatherhead, email: [leatherhead@camv.org.uk](mailto:leatherhead@camv.org.uk)

Esher: 01372 464770 or send a message via online form: [www.eshercab.org.uk](http://www.eshercab.org.uk).

Elmbridge: 0300 330 1179 or e: [advice@caew.org.uk](mailto:advice@caew.org.uk)

Guildford: 0300 330 9013 or message using online form: <https://www.guildfordcab.org.uk/get-advice/forms/>

Reigate & Banstead: 03444 111 444 or online form: <https://www.carbs.org.uk/get-advice/forms/>

Epsom & Ewell, 0300 330 1164 or email: [office@caee.org.uk](mailto:office@caee.org.uk)

Oxted, 03444 111 444 or e: [advisers@oxted.cabnet.org.uk](mailto:advisers@oxted.cabnet.org.uk)

Waverley: 0344 848 7969 or please visit: <https://waverleycab.org.uk/> to send an email via the online form.

Woking: 03444 111 444 or send a message online: <https://www.wokingcab.org/get-advice/>

Caterham: 03444 111 444 or email: [office@caterham.cabnet.org.uk](mailto:office@caterham.cabnet.org.uk)

Runnymede and Spelthorne: 01932 827187 or e: [adviser@randscab.org.uk](mailto:adviser@randscab.org.uk)

**Surrey Libraries:** <https://www.surreycc.gov.uk/libraries>

# HELPLINE FOR FAITH INSTITUTIONS

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EVERY DAY OF THE WEEK, 1PM-7PM



Call our team of expert consultants for up-to-date support during this critical time.

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US AN EMAIL AT  
INFO@SFITOGETHER.ORG**

[www.sfitogether.org](http://www.sfitogether.org)

**SFI** | Strengthening  
Faith Institutions

### WE CAN HELP WITH:

- Local and National Government economic support schemes
- Charity Registration
- Gift Aid
- Legal matters
- counseling support
- Safeguarding children online
- Health and well-being
- Volunteer opportunities
- technical and financial support for online engagement

**Surrey Faith Links, Diocese of Guildford**

Church House Guildford, 20 Alan Turing Road, Guildford, GU2 7YF

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W: [www.surreyfaithlinks.org.uk](http://www.surreyfaithlinks.org.uk)



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