

Safeguarding – Keeping yourself safe

With thanks to Pam North, Safeguarding Officer at Felpham, for drafting these for us all.

The impact of Covid-19 is being felt by us all, it is bringing out the best in most people but sadly there are those (a small number) who wish to take advantage of the present situation. Below are some pointers to ensure you safeguard your own security and health. They are not meant to be patronising but are just reminders to help you stay safe and well. Most of the information comes from either the Methodist Church or the banks.

- Please follow all the advice given by the government and medical officers on social distancing and isolation.
- Do not allow strangers in your home, even if they claim to be part of a community support team. Check with the scheme first (not using the phone number supplied by your visitor). **If in doubt, say no.**
- Do not accept an offering of help from someone claiming to be from the church – unless you know them well. Check first with a church friend/leader or Rev Dan.

Money

- Do not pay for shopping in advance.
- Pay for deliveries by:
 - Telephone banking – this can be arranged by phoning the number on the back of your bank card or look for a contact number on a previous written communication from your bank. (Don't be afraid to use the old and helpless tactic – in my experience it is a way to get more 'patient' help!)
 - Cheque (if you don't have Covid 19)
 - Cash as a last resort.

Phone Calls

- We have all become used to false and scam telephone calls. Some criminals are using Covid-19 as an opportunity to defraud people, (including by phone, text and email etc). This includes offering medical products, fake guidance or a safe haven for money. **Please remain vigilant, if it seems too good to be true – it probably is.**
- Do call on friends, family and neighbours if you need help.
- Do call on friends and acquaintances at church, many of us are over 70 but collectively we know many sources of help.
- Do call friends you know from church to have chat we all need social contact whether we are by ourselves, a married couple or a family.
- Don't be frightened to tell a well-meaning caller if it is an inconvenient time to talk and respect other people's time constraints.