

## Keeping in Touch



While all our face to face meetings are in recess for our physical health, it's important that we look after our emotional and spiritual health. Individual Branches will work out the best way to keep in touch with their members, and creative ways have already been put in place.

Here are some suggestions, you may want to try one or more:

### **By Phone**

- Create a 'buddy' system within your Branch so each member is paired with another member. The buddies ring each other once a week to see if their partner has any needs, or just to have a chat.
- Set up a network where one person is asked to ring 2 or 3 others each week to keep in touch and exchange prayer points.
- Set up a 'contact chain' where each person's name is on a list. Once a week the person rings the one following them on the list, with the last name ringing the first name.

## **By Email**

- If members prefer they can use emails to carry out the phone contacts.
- Members could agree on a particular day of the week to send any prayer requests or needs to the Branch President or another designated person. Prayer requests would then be circulated to the group.

## **By Post**

- If you are able to go out, you post or could drop a written card into the letterbox of another member who can't go out, so they know they haven't been forgotten.

### ***Acknowledgements***

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