






## ACTIVITIES AND RESOURCES FOR PENTECOST

<p>Make a simple windmill Or fan <a href="https://www.easy-crafts-for-kids.com/paper-windmill.html">https://www.easy-crafts-for-kids.com/paper-windmill.html</a></p>	
<p>Or a paper helicopter <a href="https://www.exploratorium.edu/science_explorer/rotocopter.html">https://www.exploratorium.edu/science_explorer/rotocopter.html</a></p>	
<p>Create a Pentecost mobile</p>	
<p>Try some baking for your neighbours and leave them a gift of love</p>	
<p>Offer to help someone with their garden; cut their grass or do a bit of weeding  (Make sure you can socially distance)</p>	

Write a letter or a message on email to someone who may be a bit lonely.  
Many people will love to receive a short, kind message



Find a map and place a marker on anywhere you have been recently.

Choose some and find out how they have been affected by Coronavirus.

Make up a picture board or write some notes and then pray for the people in these places.



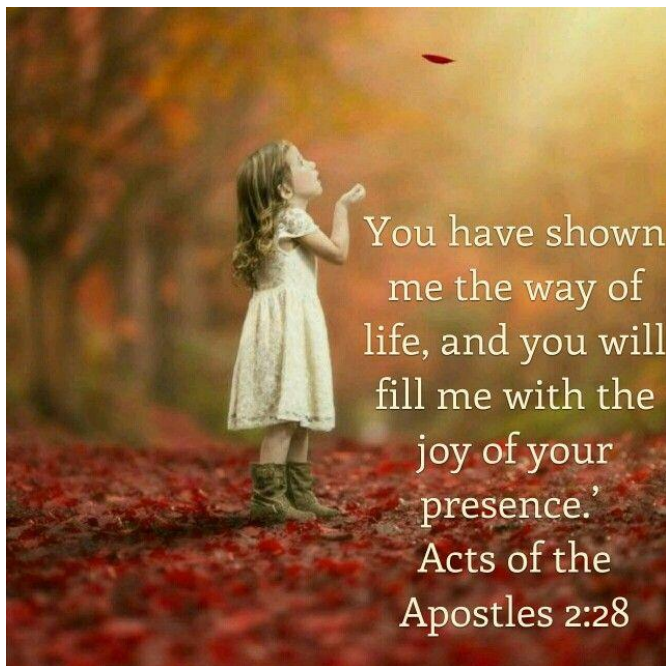
Gill and I have opened an account and we regularly put money into it which we use to support charities we have links with and we often have some available to support good causes when there is a crisis. Its really nice to be able to fund some need without having to think where the money is coming from. Its also a good opportunity for all members of the family to get involved.



Many organisations will provide you with newsletters and stories of how we can all make a difference.

## Pictures for the week:

### We are changed by the Holy Spirit



## Share these with someone who needs help locally

### Coronavirus: need help? Support for everyone in East Sussex

If you are struggling to cope with the effects of coronavirus, your community hub may be able to help. **No one in East Sussex will be left on their own.** But some people may be able to get the support they need from family, friends or neighbours instead.

<b>Get in touch with your community hub if:</b> You're struggling to cope with coronavirus because you're alone, worried, unwell, short of money or can't get medicine, food or other essentials <b>AND</b> There is no one living near you who you know and can trust to help	<b>Get in touch with your community hub if:</b> Your GP has contacted you to say you have an extreme medical condition and you are getting food delivered to your home while you shield yourself for 12 weeks <b>AND</b> There is something else you need	<b>Consider NOT getting in touch with your community hub if:</b> You have family, carers, friends or neighbours nearby who you can trust and rely on to help you (and who are not vulnerable themselves)
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**Contact your community hub:**

<b>Eastbourne</b> 01323 679722 <a href="http://www.lewes-eastbourne.gov.uk/requestsupport">www.lewes-eastbourne.gov.uk/requestsupport</a>	<b>Lewes</b> 01273 099956	<b>Hastings</b> 01424 451019 <a href="http://www.hastings.gov.uk/my-council/covid19/help">www.hastings.gov.uk/my-council/covid19/help</a>	<b>Rother</b> 01424 787000, opt 4 <a href="http://www.rother.gov.uk/community-support">www.rother.gov.uk/community-support</a>	<b>Wealden</b> 01323 443322 <a href="http://my.wealden.gov.uk">my.wealden.gov.uk</a>
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If you would like to request this information in a different language or format contact [escoronavirusenquiries@eastsussex.gov.uk](mailto:escoronavirusenquiries@eastsussex.gov.uk)



Help and advice for the Crowborough community during the COVID-19 crisis

Find us on Facebook

Email: [crowborough2020@outlook.com](mailto:crowborough2020@outlook.com)