**Contact Chains**

Many of our members may feel the impact of losing touch with their friends at Mothers’ Union and church. Invite your members to be part of a contact chain so that everyone can be sure of a regular phone call:

* to share family news with (there is still good news out there – children are being born, couples are preparing to marry, people are having successful medical treatment for other illnesses and we want to be able to celebrate our good news with others)
* to ask for practical help, whether that is getting shopping or collecting prescription medicines for someone who has had to self-isolate or someone to walk the dog
* to be able to speak to at least one person outside the home.

You could organise this on a chain basis, with each member having another to ring in a chain, or one person who commits to ringing two or three others.

We shouldn’t limit this to just Mothers’ Union members but think of others who may benefit from this sort of support, whether young or old.