

Action resources and supports:

- [Southridge Shelter Emergency Services](#) – Our Shelter in St. Catharines is continuing as a necessary function for people experiencing homelessness. We continue to need volunteer support (in fact, with some volunteers on self-isolation we have gaps in our kitchen schedule that we need help filling). Please continue to direct people here who are in need of emergency sheltering, and please consider helping out in the kitchen (we are following the latest Public Health guidelines for safe food handling and distribution) as we continue to serve members of our community who are even more vulnerable during this time (contact Erica – esinger@southridgechurch.ca).
- **Southridge Kitchen** – Our community meal program at Southridge Welland is continuing every Friday, 5:00pm. In order to follow Public Health standards and keep everyone safe we are serving our meals in ‘drive through’ format, where our guests are able to come and pick up the freshly prepared meals to bring home and thereby maintain social distancing standards, while still providing meal support for our community. If you are a part of Southridge Welland please consider helping in the kitchen as a few of our volunteers have had to take precautions and drop out for the time being (contact Annelies – agoedhart@southridgechurch.ca).
- **Life in Action** – As is clearly being represented around us in this moment, our actions, or even lack of action, in our daily life can have massive implications for those both around us and around the world from us. We are preparing for the post-‘social-distancing’ era to get together as a ‘Life in Action’ group for 6 weeks to learn about what it means to live proactively in ways which model an understanding of the consequences and the opportunities which our daily actions represent for the world around us, and for ourselves. If you or anyone you know is interested in what this group could offer please sign up and share the link with others, and we’ll be preparing to modify the dates as necessary.
- **Online Messaging** – If you’re in a friendship with anyone from the Caribbean, this is second nature to you: daily messaging on WhatsApp! We’d like to encourage you right now to use this as an important tool during a difficult season. Many of our Caribbean friends are now unable to come to Canada to the jobs that they were counting on. Consider the implications of not being able to work and bring home a paycheck for a few weeks (or maybe you’re currently experiencing this as well), and realize that this is a very difficult time for many of our friends. Please be regularly messaging our Caribbean friends, taking the time to pass on the latest information, talk about the challenges, and to be a support.
- **Action Information Hub** – As things keep changing on a daily basis, communicating needs is hugely important so that no one is slipping through the cracks with everyone’s attention elsewhere. If you are seeing an area of need arising in our homeless community in St. Catharines, our low-income community in Welland, or our migrant worker community in Vineland, please message any of our staff at the bottom of the link, or for general questions contact Nate (ndirks@southridgechurch.ca).
- ***If you physically meet with others...*** – At the time of this update (Tuesday, March 17), the province of Ontario has prohibited all gatherings of 50 or more people. Restrictions on gatherings under 50 people have been less clear, with some guidelines suggesting that groups of 10 or under remain very low risk, but all within the Prime Minister’s strong urge to “stay home” as much as possible. All that to say, if anyone in your group is considering being together physically, please refer and adhere to

all public health guidelines and recommendations as per the [Government of Canada](#), the [province of Ontario](#), and the [Niagara Region](#). Here are a few very important guidelines and pre-cautions to adhere to if you do meet with others:

- If you are sick, showing any potential symptoms, or have any reason to believe you have been exposed to the Coronavirus, please stay home, and do not host anyone.
- If you have travelled out of the country within the last 14 days, please stay home, and do not host anyone.
- If you are inviting anyone over, please disinfect all shared surfaces before and after the meeting.
- Everyone should wash their hands thoroughly (more than 20 seconds) upon arrival and upon returning home.
- Any and all food and drink needs to be served individually.
- Maintain as much distance as possible between members of different households and their belongings.

Let's make sure we're "better together" by looking out for each other to ensure health and safety for all.