

THE ROOTED LIFE

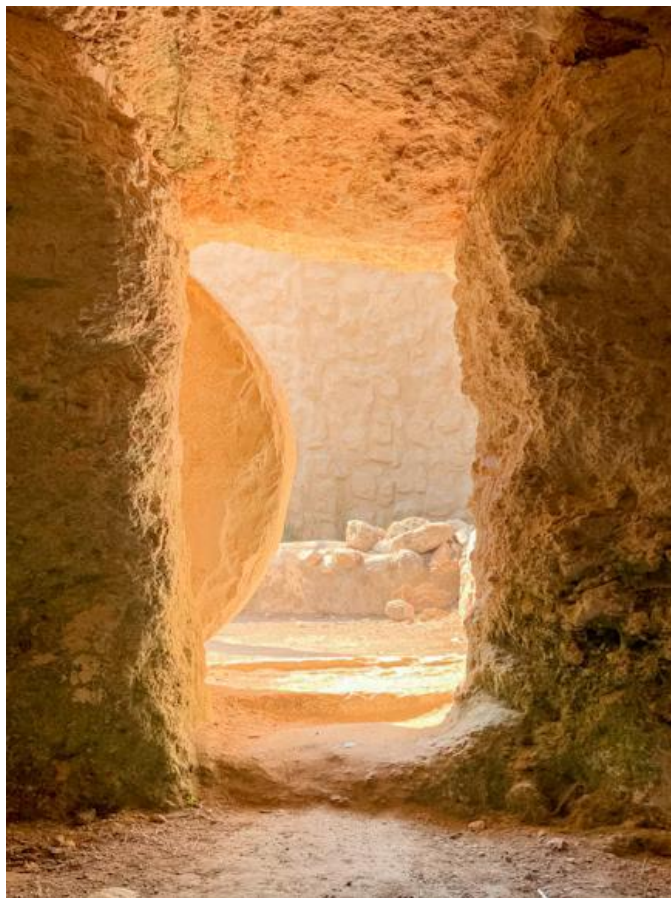
Colossians 2:7

'.....continue to live your lives in him, rooted and built up in him.....' from the Bible

Date - Apri/May 2026

A WBC MAGAZINE

Welcome to news from the Baptist family of Wymondham, Roots Community Café and the local community.



IN THIS EDITION... WHAT IS HAPPENING AT WBC?

This magazine is brought to you by Wymondham Baptist Church. If you would like to know more about us, please call, e-mail us or visit our website.

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Welcome to this edition of our bi-monthly magazine.

We hope that you found the earlier editions interesting, this issue has more items of interest contributed by a variety of different people - we hope there will be something of interest to everyone. If you would like to write something for our next magazine, please drop it in to Wymondham Baptist Church Office by Sunday, 24th May 2026

In this edition we hope you enjoy the following...

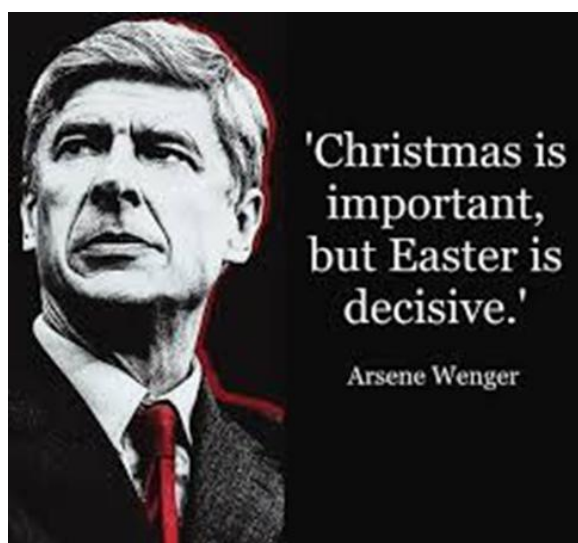
Contents

- Message from our Pastor page 3
- Thinking Postively page 4
- A Word from Sarah at Rosedale Bereavement page 4
- A musical memory page 6
- Harmony page 6
- The Great Divorce by C.S. Lewis page 7
- Dates for your diary page 9
- Something to think about page 9
- Proposed Extension page 10
- The Besom Norwich page 11
- Oops! Somebody needs First Aid. What next? page 13
- What can you contribute to our next magazine page 16
- We will need YOUR help page 16



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A message from Paul Smith, our Pastor at WBC.....



We have just celebrated Easter alongside millions of Christians across the world. For WBC this year we were unable to gather together at our spiritual home on Queen Street due to the ongoing building works. However we were very blessed when Wyndham Abbey stepped in and very kindly offered us the use of the Abbey halls so we could all be together on such a significant occasion.

We joined together in worship, which included some fun, some reflection, prayer and some songs. As part of the sermon I used the quote from Arsene Wenger, image above. He said that Easter is decisive, and he could not have been more correct if he had tried. I truly believe this was a God revelation.

Arsene is a practicing catholic, although in this quote he was talking about Arsenal's title hopes some years ago.

I am a great believer in the fact that God's truth is everywhere. The issue is whether we acknowledge it or not. In the Bible the apostle Paul stands in Athens and tells the people that God's truth is right before them, as he debates with philosophers and shows them that their own poets even wrote about God....they just didn't see it. (Acts 17: 16 - 34 - the Bible).

We are no different today - many fail to see the living God who is right before their eyes. The whole world is God's and everything in it.....and that includes....YOU! Christmas is important, it's the celebration of Jesus stepping into the world he created. But Easter....Easter is decisive.....because Easter is the reason he stepped down into our darkness, to bring us ALL into His light.

As the world around us seems to be heading into a very dark direction, with war and rumours of wars, we need more of the light. Perhaps you feel overwhelmed by the seemingly dark news surrounding you?

Is now the time to seek the God who is right in front of you? Maybe the one who needs to be decisive is ...you?

Blessings

Paul

Thinking Positively

Recently I borrowed a book* from a good friend and fellow sufferer of Parkinson's Disease. The book is about Parkinson's humour and is written by an American woman who has Parkinson's.

One chapter is titled: 'Good things about having Parkinson's'.

Here are some examples:

- I don't even notice when the batteries in my electric toothbrush run out (because I shake so much)
- I get new crockery every few months because I break so many plates and bowls
- No-one thinks twice when I drink wine out of a 'sippy cup'
- When I fall down and am lying on the floor I inspect for dust under the furniture
- I buy Velcro shoes
- No-one wants to open the can of fizzy drink that I have just got out of the fridge
- Someone else checks the eggs in the grocery store and takes the top can off the pyramid display

It is not fun having Parkinson's but it is good that God gives us the ability to find humour in difficult times.

Graham Warner

**Parkinson's Humor - Funny stories about my life with Parkinson's Disease by Beverly Ribaldo*

A word from Sarah at Rosedale Bereavement

Bereavement and anger

Along with many other strong emotions, anger can be something that those who are bereaved struggle to process. Anger can be felt within the body in physical symptoms such as tension headaches, tight and aching muscles and joints. We may feel irritable, lashing out at those closest to us or people we come into contact with in everyday life.

I am sure we can all recall being on the receiving end of someone's anger and having no clue as to what we had done to deserve it! From time to time, we all experience strong feelings that we release at the wrong moment towards the wrong person.

Grieving is a complex, confusing process. One minute we can feel desperately lonely, crying uncontrollably with sadness, the next, experiencing gut-wrenching feelings of rage.

We may feel angry at the unfairness of our loved one's death and cheated out of a future we had planned.

Many people feel angry towards the person who has died because they have been left behind to carry on without them. This can lead to feelings of guilt and shame for feeling this way.

Anger often accompanies blame. We may feel that the medical care our loved one received was not good enough or even negligent. We may blame ourselves that we did not do enough. People of faith may also blame God for what has happened.

When we are grieving it is important to be kind to ourselves. Anger is a normal human emotion and a natural grief response for many people. Anger that is suppressed or denied becomes internalised and can often lead to depression.

Working through our anger is an important part of the grief process. The first step can be to acknowledge if we are feeling angry. Next, we can try to identify the source of those feelings.

There are also practical things we can do to help release anger such as:

Writing a letter to those we are angry with (we may decide not to send it!) many people find it therapeutic to rip up such letters or burn them in the fire.

We could write a constructive letter of complaint to hospital medical managers in order to prevent mistakes happening again.

Physical activities can also help, such as -running, walking, gardening, shouting in the shower or punching a pillow!

Writing difficult feelings in a private journal can also be beneficial. This helps to 'download' such feelings from our mind.

It can be difficult to accept that we have little control over life and death. We can be left feeling powerless and helpless. Anger can be a protest against these feelings.

A state of acceptance is not easy to achieve, but it can be the way forwards. Practicing forgiveness and choosing to let go of anger is a daily process for many of us.

It can be helpful to draw 2 circles or 2 columns, label one 'Things I can control' (what is within my sphere of influence) and the other 'Things I can't control' (what is outside my sphere of influence.) It might look something like this:

Things I can control

How I act /what I say
How I react /what I do
How I look after myself
How I treat others
How I decide to live my life

Things I can't control

Unforeseen events/death, illness
Wars/ global unrest etc
Other people's behaviour
Events that have already happened
Injustice in the world

For me, these lists are a daily reminder to let go of anger, stress and frustration and focus only on the things I can do something about.

If you've been bereaved (recently or in the past) and would like join one of Rosedale's Bereavement Support Groups, please call 01379 640 810 to reserve your free place. All groups are free and confidential.



A musical memory.

At our mixed primary school there was a bunch of irritating fellow pupils. They were 'boys'. (Well, not *all* the boys.) A few years later, in a girls secondary school, our choir prepared for a huge mixed performance by several schools. We practised the soprano and alto parts and then found ourselves in the final rehearsal. It was stunning. We suddenly heard the contribution by the tenors and bases. The music was complete, and the result was thrilling. Those boys had their value after all!

We can all be irritating to somebody. But - in God - we have the most wonderful choir master ever, and - in the Bible - the greatest song book. The church is being listened to (sometimes by accident) by all sorts of people in our audience. Each of us has a contribution to make to the whole impression. Can we not only join in, in our own unique way, but also accommodate even the most unpromising members of our church family?

Harmony

One Sunday, recently, I was in the middle of a common dilemma. Singing along to a youtube song I had to decide whether to be a soprano and struggle to reach the highest notes without squeaking, or drop an octave and fail to reach the lowest notes. It reminded me of a conversation, a few years ago (with a musician). I asked if, with any particular melody, it was possible to set it in a key that would enable everyone to sing the whole tune comfortably. He said 'No.' Each of us has our range of notes, and we're all different. So we are left with a choice. If we want to make a noise, joyous to others and ourselves, do we try to meet the challenge of the difficult notes, or do we keep switching octaves, or do we learn to harmonise, leaving the melody behind but using notes that sound well with what other people are singing. If disharmonies happen, as they will (often when the different notes are too close

together), then resolving them as the song continues are pleasing actions in themselves. I find myself doing a bit of all three.

As we move forward in our Christian lives it can be a job to know whether to stretch ourselves, or keep within our comfort zones by switching away from the hard things, or learn to work with others in such a way as to provide a harmonious result. Oh, for Wisdom. 'It is the Lord who gives wisdom' (Prov. 2:6 Good News Bible). What a comfort that, if we pray for the answer with an open mind, we have a Lord who is able to help. It might not be instant or quite what we want, and it might take a bit of trial and error, but we also have a Lord who can resolve some of the messes we get into.



The Great Divorce by C.S. Lewis

A review of the satirical rebuttal to William Blakes 'Marriage of Heaven and Hell'

C.S.Lewis has a unique, colloquial and witty tone to his writing, you feel you would recognize his voice without even knowing before picking up the book he had written it. The Great Divorce, a fantasy fiction written in rebuke of William Blakes 'The Marriage of Heaven and Hell' is no different. In Blakes' novel, the narrative argues that Hell (evil represented as active passion) and Heaven (good represented as passive reason) are necessary for human existence, that they should be married, that they are two sides of the same coin and cannot be divorced of one another.

In the Great Divorce, C.S.Lewis presents that Heaven and Hell, good and evil, are distinct and in opposition, that one cannot fit into the other. Lewis does this through his own fantasy work, enjoying as a backdrop the Medieval notion that once existed; those who reside in Hell, get a Sunday respite from eternal damnation.

The book begins with Lewis in a dream-like state, awakening at a bus stop in a desolate, yet vast town. In the queue are others waiting in line to board the bus to go on their 'holiday from Hell'. The bus, a magical bus, flies over the town and here we get the explanation of the town called Hell. *'As soon as anyone arrives, he settles in one street.... before the week is over, he's quarrelled so badly that he decides to move on... he'll move right out to the edge of town'*. In this Hell, you only need think and it appears, a new house, a wanted shop, and so the town is vast yet empty. The selfishness is rewarded, there is no scarcity, no one need for another, true self, true independence, true misery.

The passengers of the bus against the backdrop of the grey town who were visible and felt no real weight of their decision, now step out of the bus to a very different scenery. Here the vibrant light gives vision to the fields, forest and lakes with mountains further in the distance. Against this background the passengers become but faint ghosts. These ghosts are no longer light as feathers, they are heavy, they are burdened. Each blade of grass painful to walk on, each flower when picked cuts like diamonds.

Here to greet them, travelling out from the mountains appear the bright people, beyond visible, they are radiant; beyond light, they can enjoy the terrain. And each ghost in turn

meets its bright person, who tries to lighten their load, tries to bring them into full visibility. If only they would let go of the weight they carried, if only they would step out of the shadows. Or as one bright person says *'There is but one good; that is God. Everything else is good when it looks to Him and bad when it turns from Him'*.

And here is the epitome of Lewis's rebuttal, all goodness comes from God, and God is all goodness, when goodness is turned, perverted, manipulated, taken away from the source it becomes bad. Taking this a step further still, Lewis marries goodness to joy, and badness to misery. The choice of Heaven and Hell, Goodness and Badness, Joy and Misery is laid at the ghost's feet, they can grow in their walk towards the mountains or shrink back to the bus, to the grey exile.

He highlights this point on meeting one bright person, Sarah Smith, a rather ordinary woman on earth, who loved and cared for many animals and people is seen celebrated and appointed a great woman in Heaven. On viewing this Lewis remarks;

'I see' I said at last 'She couldn't fit into Hell'

He nodded 'There's not enough room for her.' He said, 'Hell could not open its mouth wide enough'.

Misery makes us shrink yet heavier, prouder yet dampened to grey exile, it pales in comparison to the joy offered us, a joy that makes us bigger yet lighter, humbled yet brighter. This joy, this Great Divorce, this God of all good, this journey to Heaven, this lightening and brightening is offered us now.

Are we tempted to remain in the Medieval notion of the respite of Sundays Service, to jump back on the bus to the Hell of a week? Do we continue to return to grey exile again and again? The choice is laid as much at our feet, as the ghosts in the story.

Or can we be convinced by the bright people, to journey to the mountains, to live in the light, to give over our burdens, to remain in the joy of the Lord?

'The Happy Trinity is her home: nothing can trouble her joy.

She is the bird that evades every net: the wild deer that leaps over every pitfall.

Like the mother bird to its chickens or a shield to the armed knight: so is the Lord to her mind, in His unchanging lucidity

Bogies will not scare her in the dark: bullets will not frighten her in the day.

Falsehood tricked out as truths assail her in vain: she sees through the lie as if it were glass.

The invisible germ will not harm her: nor yet the glittering sunstroke.

A thousand fail to solve the problem, ten thousand choose the wrong turning: but she passes safely through.

He details immortal gods to attend her: upon every road where she must travel.

They take her hand at hard places: she will not stub her toes in the dark.

She may walk amongst Lions and rattlesnakes: among dinosaurs and nurseries of lionets.

He fills her brim-full with immensity of life: he leads her to see the worlds desire'

Fiona Lyons



Dates for your diary

April 3rd - Walk of Witness

April 5th - All age Easter Sunday Worship including communion - Abbey Hall - 10.30.m.

April 12th - Worship - 10.30a.m. - Abbey Hall

April 14th - POWER HOUR - 10.00a.m.

April 14th - Leadership Team Meeting - 7.00p.m.

April 16th - Home from Home - 1.30p.m. - 4.00p.m.

April 19th - Worship - 10.30a.m.

April 21st - POWER HOUR - 10.00a.m.

April 23rd - Home from Home - 1.30p.m. - 4.00p.m.

April 26th - Worship - 10.30a.m.

April 26th - Annual General Church Meeting - 12.30p.m.

April 27th - ECO Team meeting - 10.00a.m.

April 27th - External Fund Raising Team Meeting - 12.45p.m.

April 28th - POWER HOUR - 10.00a.m.

April 30th - Home from Home - 1.30p.m. - 4.00p.m.

May 3rd - Worship - 10.30am. including communion

May 4th - Singing for Fun - 1.30p.m. at 65 New Road, Hethersett

May 5th - POWER HOUR - 10.00a.m.

May 8th - Friday Night Youth - 6.30p.m.

May 10th - All age worship led by Jan Hunt - 10.30a.m.

May 12th - POWER HOUR - 10.00a.m.

May 12th - Leadership Team meeting - 7.00p.m.

May 17th - Worship - 10.30a.m.

May 19th - POWER HOUR - 10.00a.m.

May 22nd - Friday Night Youth - 6.30p.m.

May 24th - Worship - 10.30a.m. -

May 26th - POWER HOUR - 10.00a.m.

May 31st - Worship - 10.30a.m.



Something to think about

The first ever cordless 'phone was created by God . He named it Prayer. It never loses its signal and you never have to re-charge it. You can use it anywhere.

Proposed Extension - Phase 3 - Construction work is nearing completion!

Summary

Phase 1 - Planning Permission

Received December 2022

Phase 2 - Detail Design Development

Finished January 2025, with costs coming in under budget.

Phase 3 - Construction

The Church agreed, at a special meeting in May 2025, to appoint a contractor to start the construction work in the summer of 2025, with a planned finish in the Spring of 2026. The church was able to do this thanks to the generous donations of many individual givers, to sponsored activities such as runs and swims, to fundraising events such as concerts, and not least to the grants that the church has been awarded. We give thanks to God for his provision and the prayers of his people for the project.

Work continues with the timber framing on the steelwork complete, the roof insulated and the roof covering laid. First fix of electrical and mechanical work is done. The floor screed has been laid (see photo, which is starting to show something of what it will look like inside. By the time you read this we should have some of the windows to the front elevation installed and the roof lights installed. The Windows, roof lights and cladding remain to be installed and interior work will proceed as it dries out inside.



Please pray for safety for all working on the buildings and that the work will be completed soon and under budget. Pray too for the Church as it considers its priorities for what it should do with the expanded premises to better serve the community.

Longer Term

Plans are now taking shape to update the remainder of the church buildings, to bring them up to standard, subject to having funds available. In the short term this includes repairs to church windows, rewiring of the church space

and redecoration, as well as improved church heating before too long. Paul and Emma Smith are overseeing this work as well as doing a lot of work! Longer term we hope to install solar panels and improve the road surface in front of the church car park. Our planning application covering a number of these items is under review by the planning officer.

While we are naturally delighted that funding is in place to complete the extension and to make a good start to bringing some parts of the rest of the premises up to standard, the Church recognises that funds will still be needed to complete the works to bring the remainder of the building up to standard. For ways to give please contact the office at office@wymondhambaptist.org or see the Church website at <https://www.wymondhambaptist.org/Groups/331659/Giving.aspx>.

David Frith



Who Are We

We are a small but active group of Christians seeking to address some of the needs in our City and suburbs.

We are members of the national network of Besoms. The Norwich branch was established in 2006. We are currently the only Besom in Norfolk.

We are a registered charity and rely on 100% volunteer time givers and from voluntary financial donations. We receive no grants or are involved in any agreements linked to funding.

Our volunteers are drawn from six local churches across various denominations.

What do we do?

Requests for help

Besom only accept requests for help via agencies, Social Services, Housing providers and St Martins Trust are just a few to mention.

Project Teams.

We have three teams, each headed up by a lead volunteer.

Decorating & Gardening Team

This team undertakes decorating projects, which are mostly for clients who are moving into permanent accommodation for the first time from hostels or have been homeless.

Besom have a two day limit on each decorating project we undertake which allows us usually to complete one main room and a kitchen or bathroom.

Besom gives the client the choice of what rooms they would like us to decorate. We also encourage the clients to assist with the work while we carry it out, as many have never had any experience of decorating.

Besom finds that some clients want to carry out further work and we leave supplies and basic equipment for them to do this.

Our Garden projects normally consists of clearing overgrown and neglected gardens which clients are unable to tackle themselves.

In our financial year April 2024 - April 2025 we completed:

22 days of Gardening Projects

22 Decoration Projects

Packs Team

This team sources and distributes packs of basic kitchen items

The kitchen pack consists of kitchen essentials, for both individuals and families, again these are mostly provided to individuals or families moving into accommodation from difficult situations.

We also provide baby and bedding packs

A typical kitchen pack would include the following:

Chopping Board	Cutlery Set	Dinner Set	Dust Pan & Brush
Frying Pan	Grater	Kettle	Measuring Jug
Mugs	Oven Dish	Oven Tray	Peeler
Utensils Set	Potato Masher	Sauce Pan	Food Storage Boxes
Tea Towels	Tin Opener	Toaster	Washing Up Bowl
Washing Up Brush	Wooden Spoon		

Family kitchen packs, baby and bedding packs are tailored to the clients individual requirements.



In Besoms financial year April 2024 - April 2025 we provided: 26 Kitchen Packs

2 Family Packs

17 Kettles

19 Toasters

1 Electric Hob

Curtain & Tracks Team

This team re-purposes curtains, supplies and fits curtain poles or tracks in clients homes. The preowned curtains come from a number of sources including on-line sites, charity shops and supporters. Poles and tracks are retail purchases. Each home usually requires multiple sets of curtains and tracks.

In Besoms financial year April 2024 - April 2025 we provided and fitted curtains to: 26 Homes

The Besom in Norwich greatly appreciate the financial support they receive from Wymondham Baptist Church, with which they are able to continue to provide this much needed help to these individuals and families.

*Keith Hilton
Trustee,
The Besom in Norwich*



Oops! Somebody needs First Aid. What next?

Reading some notes made during a first aid training course can be a useful reminder of advice that we've probably all received in the past, and forgotten because we haven't needed it.

What equipment comes in handy? First of all, a cool head and your two hands. A few items kept at home, or work, or in the car could help. 1) A piece of cloth big enough to use as a sling, which can also act as a dressing or eye patch if it is folded up. 2) Dressings from a chemist, some with shiny surfaces that won't stick to a wound. 3) Antiseptic wipes for cleaning hands and the skin round a wound (not the wound itself). 4) An emergency blanket to wrap around a cold patient, so that his/her own body heat is kept in. This can be a thin shiny blanket that takes up very little space,

and is available from chemists or outdoor shops. 5) An instant cold compress to reduce swelling. It becomes cold when you squeeze it to release a chemical inside it. 6) Scissors like 'Tough Cuts' which will cut through cloth and leather. If at least one tip is rounded it might save the patient from an extra wound! 7) Thin rubber gloves to act as a barrier between you and the patient when body fluids are present - for the protection of both of you.

What about lotions and potions? Beware! You don't know what other people are allergic to. If you know of something that suits you, carry it for your own use - but don't inflict it on someone else. The best antiseptic is the patient's own blood, coming out and removing some of the dirt. If you do need to clean a wound, clean water is the best thing. You can buy bottled water with a spout which lets you squeeze it and aim a jet of liquid at the wound. Wiping is not a good idea. You can push grit etc. further into the wound. Don't worry too much about infection. Antibiotics can be used later. Your job is very much to save the patient from the worst before more expert help arrives or can be reached. So two other items worth carrying in a car are 8) Water and 9) A mobile phone.

Then what? If you are faced with an inert 'body', here's a handy acronym. Think of 'DRAB - C' or (if it's easier) Dr ABC, using the same letters. (Please - for 'his' read 'hers' too.)

D. Danger. Don't put yourself in danger. One casualty is better than two. Take the patient away from danger, or the danger away from the patient if possible.

R. Response. Does the patient respond to you speaking or touching him?

A. Airway. If there is no response, is there any obstruction in his throat?

B. Breath. Put your cheek near his mouth and nose and try to hear and feel any sign of breathing.

C. Call an ambulance.

This isn't the place to talk about putting a patient into the recovery position or trying to resuscitate him if his condition is really serious. There are, however, some other situations where you have a conscious patient who would appreciate you doing that all-important initial action.

1) Choking. Get him to try to cough. If that fails, bend him over and slap him sharply between the shoulder blades five times. If that fails, grab him round the chest just below the rib cage from behind and pull sharply - an 'Abdominal Thrust'. But never do that to someone who isn't choking. Continue the slaps and thrusts alternatively until he brings up the obstruction.

2) Bleeding. Minor bleeding - clean and dress the cut or graze as we have all done many times.

Major bleeding - don't worry about cleaning. The important thing is to stop the bleeding. Let gravity help. Put the person on the ground (then he can't fall over in a faint), put pressure on the wound and lift the injured part because it is more difficult for the blood to travel fast uphill. If the patient can put his own hand over the wound, it will leave you free to get your gloves, dressing and bandage, or to use your phone. Put a dressing on the wound and secure it firmly with a bandage. Treat the worst injuries first.

3) Shock. This is the loss of function of the vital internal organs, often as a result of loss of fluid. (E.g. through heart attack, bleeding, burns, diarrhoea or vomiting.) At first the patient may look pale and sweaty and have a blue/grey skin. To prevent him from becoming unconscious, and even dying, what he needs is warmth, rest and reassurance. Lie him down and raise his legs. This gives a mini blood transfusion to the heart and head where it is most needed.

4) Anaphylactic shock. A severe allergic reaction including blotchy skin, swelling of the face and neck and impaired breathing. Phone 999 and help the patient to sit in a position that makes breathing easier until he can be given oxygen and an adrenalin injection. If he knows about his allergy, he may carry an 'epi-pen' or syringe with adrenalin that he can use himself.

5) Burns and scalds. Apply 'cold' (e.g. cold water or a cold compress) for at least 10 minutes - or much longer if the burn is serious. The fat in the body which has been heated takes a long time to cool down and can do damage for some time afterwards if it is still hot. By the way, this also applies to a 'freeze burn' where heat is going **from** the body, and heats up the fat on the way out. After the cooling, put on a dressing or - if it's handy - some cling film to keep infection out. Burns cause swelling, so if a burn happens near anything that could become tight, like a watch, remove it. Rest and reassurance. If a burn is bigger than an inch across, or has any depth, or is on the face or hands or feet, see a doctor. Things like nerves, tendons and the airways are vulnerable.

6) Back injury. If you have any suspicion that the back could be injured, don't move the patient. Get help. With training there are one or two things you could do if the patient is unconscious and has stopped breathing, but this is not the place to explain it.

7) Fractured limb. Immobilise it. Use a sling or the zip at the front of his jacket for an arm or shoulder, or place padding on each side of his leg on the ground to prevent movement - and call an ambulance. Don't try to straighten anything.

8) Strains and Sprains. Another acronym.: RICE

R. Rest the injured part.

I. Ice or cold compress applied to injured area.

C. Compress the injury.

E. Elevate the injured part.

Hopefully, that's self-explanatory.

9) Hypothermia. Hypothermia is a dangerous cooling down of the core of the body which can be caused by exposure or sweat when you have stopped after heavy exertion. The patient will be affected mentally as well as physically and will not know there is something wrong. This is something you recognise in other people, not yourself. Look out for untypical behaviour, slurred speech, blue colour and slow pulse. As the condition worsens he will be too cold to shiver. Wrap him warmly and give him a warm drink but don't heat him up very quickly, causing complications.

10) Poison. If it is on the skin, wash it off.

If it has been swallowed, keep the patient as still as possible to reduce the spread of poison round the body. A first aid reference book will give information about the range of poisons and their treatment. If possible try to keep a sample of the poison

for the doctor to see. (E.g. swabbed from the skin or collected from vomit.) Don't actually try to induce vomiting.

General. If there is any chance the patient might need an operation, don't give him anything to drink - it will delay his treatment. Be reassuring without telling lies. "You'll be alright." may not be true. If the opportunity to do a first aid course comes your way, this will update you, help the information to stick, and give you more information than is possible here.



What can YOU contribute to our next magazine?



Please think about what you can contribute to the next issue of this magazine - The Rooted Life? We are looking for all kinds of articles - book reviews, special recipes, quizzes, puzzles. Please either email them to the office - office@wymondhambaptist.org, or give a printed copy to Cathy in the Office, by Sunday 24th May. Thank you.



We will need YOUR help

We will need YOUR help if we are to serve refreshments after our morning worship once the building work is completed. Please let Cathy in the Office know if you would be able to help serve tea and coffee after our morning service. The more people who offer will mean the less often you will be needed in the kitchen.

We will also need to have some more 'welcomers' to give a warm welcome to all who come to our worship service on a Sunday morning. If this is something you think you might be able to do, please speak with Robbie Hilton.

