

Our "Declaration of Interdependence"

We commit to responding to the current COVID-19 crisis we are all facing in the following ways:

- 1 We openly acknowledge the fear in ourselves and in our society at large.
- 2 We choose to notice and accept our fears without judgement and to work to find ways to move beyond our fears to embrace a hope in the human spirit to collectively overcome.
- 3 We recognise that we are dependent upon one another, none of us can do this alone. We believe that we all have strengths and skills to share.
- 4 We commit to looking out for others in our community not only our own family and friends, but neighbours and strangers too. We will support those in our area who need support, as best as we can, unconditionally and as far as we are able, whilst remaining at least 2-3 metres from anyone who is self-isolating.
- 5 We will invest ourselves in finding creative ways to coordinate action at a community level to provide support to those in need, while also being super-careful to prevent spreading the virus, following all guidelines.
- 6 We choose to be responsible and play our part in preventing and delaying the spread of this virus. We will look after ourselves properly. If we notice any symptoms of a temperature, cough or breathlessness, we will self-isolate in line with official guidelines.
- 7 If we find ourselves in genuine need of practical support or medical care, we will ask for that support from others, without shame or guilt. We will be kind and gracious towards the medical and care staff and volunteers, who are doing such an amazing service for our communities at an extremely demanding time.
- 8 We will share (and like) on social media only those posts that are either providing accurate information from official sources, or life affirming support, ideas and inspiration. We will not share (or like) posts that seem to us to promote unnecessary fear-mongering, cynicism, criticism, sarcasm or conspiracy.
- 9 We will pin up this "declaration" somewhere at home where we'll see it every day and each find one person who will hold us accountable throughout this time to following through on the commitments we're making here.
- 10 We will share this "declaration" with family and friends and ask if people would like to join us in these 10 commitments.