

DailyHope, a free national telephone line, offers music, prayers and reflections as well as full worship services from the Church of England at the end of the phone.

A Church of England initiative in partnership with CONNECTIONS at Holy Trinity Claygate, and Faith in Later Life

The line – which is available 24 hours a day on **0800 804 8044** – has been set up particularly with those unable to join online church services during the period of restrictions in mind; to provide comfort and spiritual nourishment to the most isolated in our society.

DailyHope phonenumber - 0800 804 8044

“With many in our country on lockdown, it’s important that we support those who are feeling lonely and isolated, whatever age they are.”

*Archbishop Justin Welby*

Options available include materials also available digitally by the Church of England’s Communications team such as **Prayer During the Day and Night Prayer** updated daily, from Common Worship, and a recording of the Church of England **weekly national online service**.

A section called Carol-Line offers callers a small selection of carols, updated daily. An option entitled ‘Chair Exercises on the Phone’, provides recorded over-the-phone tuition to keep listeners fit and healthy from the safety of a chair during this time at home.

### [Sleep Well with Daily Hope](#)

**This new material can be found on 0800 804 8044 and selecting #.**

We are all aware of the paramount importance of a good night’s sleep. Sleep is critical for physical health, maintaining an effective immune system and helping us to fight off disease and remain well. Sleep is also critical for mental health and our ability to beat stress, depression and anxiety.

For almost a year, the Daily Hope free telephone phone line, launched by the Church of England, Faith in Later Life and Connections @ Holy Trinity Church in Claygate, has been reaching out and helping to support older people, providing them with hope and comfort.

Adding the option ‘Sleep Well with Daily Hope’, individuals can now receive a relaxing and accessible guide to getting a good night’s sleep. In addition to improving their mental, emotional and physical health, research has also shown a strong correlation between a good night’s sleep and effective vaccination.

Therefore, this small step could truly make a big difference to the lives of the older generation and should be a huge success, just as the other options on the Daily Hope have been

This new content has been written by Daily Hope's co-founder Pippa Cramer, a qualified Occupational Therapist and founder of Connections @ Holy Trinity Church in Claygate in the Diocese of Guildford. Consisting of a 4-part series, which can be listened to on loop, Pippa shares helpful tips and Bible readings to reflect on and encourage sleep.

It is hoped that this new material will benefit younger callers, as well as those of older age.

This new material has been endorsed by Author and broadcaster on wellbeing, Rosemary Conley CBE, who is passionate about seeing people getting a good night's sleep.

Conley said "It is great that the Daily Hope telephone line is promoting positive wellbeing to its callers. The benefits of a good night's sleep are enormous at any time, but during this Covid-19 pandemic many, particularly older people, find themselves struggling. I think it is excellent that the Daily Hope telephone line has been extended to include new material relating to sleep. I am sure it will bring help and comfort to many during this challenging time."

Pippa Cramer, Pastoral Care and Seniors Minister, Holy Trinity Church, Claygate added:

"There is a Covid-19 sleep crisis. But, whilst there are many online resources to alleviate stress and help sleep, these are not available to the 2.5 million over 75's who do not access the internet. My hope and prayer is that 'Sleep Well with Daily Hope', which is available on 0800 804 8044, will make a real difference for this vulnerable and isolated part of our community."

### [More about CONNECTIONS and Hymns We Love](#)

One of the largest weekly gatherings for seniors in the UK, Connections welcomes over 150 guests to Holy Trinity Church in Claygate, Surrey. Started 10 years ago by Pippa Cramer, its vision is "to create a safe and welcoming community for seniors where they can connect with each other and the church and to provide the opportunity to demonstrate and share the love of Jesus". It reaches elderly church and non-church members, many of whom are lonely and isolated, building a community of support and friendship that has also served as a bridge into church.

Hymns We Love has grown out of Connections and is a gentle, engaging and accessible way of exploring the Christian faith with older people, providing them with comfort and hope. The familiarity of these carefully selected, wonderful hymns, which this generation have grown up with, means that the words and tunes are almost part of their DNA. Music recognition is one of the last things to go as memory declines, so even those with dementia are able to connect with and enjoy Hymns We Love.

Hymns We Love explores the Christian faith through 16 carefully selected, wonderful and well-known hymns. Each day, we sing the hymn and discover what we can learn from it and from its author. We then sing the hymn again before ending with a short prayer for ourselves and those around us in these difficult times.

The hymns are gathered into three groups:

**A. EXPLORING THE CHRISTIAN FAITH** – through these 6 hymns we explore what Christians believe about God and His relationship with us.

1. Thine be the Glory – God who lovingly greets us
2. How Great Thou art! – God our Holy Creator
3. Rock of Ages – God our Rescuer and Redeemer
4. Amazing Grace – our Grace-full God who is our Restorer
5. The Lord's my Shepherd – God our Guide and Comforter
6. And can it be? – God our Friend forever

**B. EXPLORING THE CHRISTIAN LIFE** – we look a little more closely at the core foundations of a life lived with God.

1. What a Friend we have in Jesus – Exploring prayer
2. Lord for the Years – Exploring the Bible
3. Thy Hand O God has guided – Exploring the Church
4. Breath on me, Breath of God – Meeting the Holy Spirit
5. Holy, Holy, Holy – Exploring the Trinity

**C. WALKING WITH GOD** – how to meet God in some of the biggest challenges in our life

12. Just as I am – Being accepted as we are
13. Guide me O Thou great Redeemer – Allowing God to guide
14. It is well with my Soul – Coping through grief
15. Make me a Channel of your peace – Learning to forgive
16. Dear Lord and Father of Mankind – Living in God's presence

### [Faith in Later Life](#)

Faith in Later Life is a national Christian charity that seeks to inspire and equip Christians to reach, serve and empower older people through the local Church and to encourage older Christians in their faith. A key part of the Faith in Later Life mission is encouraging churches to reach older people of any faith or none in the wider community who may be isolated or lonely, and sharing the hope, love and good news of Jesus Christ.

## **Downloadable resources**

Download logos and posters to help publicise this free service to those who need it most.

## Search

- Daily Hope phone line logos
- Daily Hope phone line Poster version 1
- Daily Hope phone line Poster version 2
- Daily Hope phone line Hymns we love reflections and text

## In partnership with

Faith in Later Life logo

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# CONNECTIONS

## Song credits

- Psalm 23 (the lords my shepherd) - Stuart Townend - Stoneleigh Live - Integrity Music
- O Lord my God in ages past - Don Moen - Hymnbook
- Servant King - Graham Kendrick - Integrity Music
- Brother, Sister - Words by Richard Gillard. Music arranged by Mike Clifford. Recording taken from *Waymarks: Songs for the Journey* by Northumbria Community. Used with permission.
- Hymns performed by Nicky Brown and Danielle Mahallet
- Hymns performed by Cathy Burton
- Hymns Performed by Chris Read
- Hymns performed by Sumei – Bao-Smith

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