

## SUPPORTERS UPDATE JANUARY 2021

In our last Update we spoke of the amazing support from our community and of all the things that residents had both endured and marvelled at during the Pandemic. 2020 has indeed gone down as the most challenging year in living memory for most of us and 2021 has not exactly got off to a great start either! Sadly, we now know we are in a nationwide lockdown and life remains very difficult for many, not least of all our frontline workers. We also know that our NHS is in grave danger of being overwhelmed so instead of clapping for the NHS, let's support them by following the rules:



# ENGLAND LOCKDOWN

# STAY AT HOME

**THE NEW VARIANT OF CORONAVIRUS IS SPREADING FAST. WE ALL NEED TO PLAY OUR PART TO STOP THE SPREAD.**

### ▶ LEAVING HOME

You must not leave, or be outside of your home or garden, except for a very limited set of exemptions e.g. to shop for basic necessities, exercise, go to work if you cannot do so from home, or to escape risk of harm.

### ▶ MEETING OTHERS

You cannot leave your home to meet socially with anyone, except with your household or support bubble (if eligible to form one). Stay 2 metres apart from anyone not in your household or support bubble.

### ▶ EXERCISE

You may exercise on your own, with your household or support bubble, or with one person from another household (when on your own). Stay 2 metres apart from anyone not in your household or support bubble.

### ▶ BARS, PUBS AND RESTAURANTS

Hospitality closed aside from sales by takeaway (until 11pm), click-and-collect, drive-through or delivery. Alcohol cannot be purchased through takeaway or click-and-collect from hospitality venues.

### ▶ RETAIL

Essential shops can open. Non-essential retail must close and can only run click-and-collect and delivery.

### ▶ WORK AND BUSINESS

Everyone must work from home unless they are unable to do so.

### ▶ EDUCATION

Early years settings open. Primary and secondary schools and colleges move to remote provision except for vulnerable children and children of critical workers. Most university students to move to remote learning.

### ▶ LEISURE AND SPORTING FACILITIES

Closed, with limited exceptions.

### ▶ ACCOMMODATION

Closed, with limited exceptions.

### ▶ PERSONAL CARE

Closed.

### ▶ ENTERTAINMENT

Closed.

### ▶ OVERNIGHT STAYS

You must not stay overnight away from home. Limited exceptions apply e.g. to stay with your support bubble.

### ▶ WEDDINGS AND FUNERALS

Funerals of up to 30 people permitted. Weddings up to 6 people permitted in exceptional circumstances. Wakes and other linked ceremonial events of up to 6 permitted.

### ▶ PLACES OF WORSHIP

Places of worship can remain open and communal worship is permitted, but you must not mix with those outside your household or support bubble.

### ▶ TRAVELLING

You must stay at home. If you do leave home for a very limited set of exemptions, you should stay local in the village, town, or part of the city where you live where possible. Do not travel abroad unless an exemption applies.

### ▶ CLINICALLY EXTREMELY VULNERABLE

Shielding reintroduced across England. You should not travel to work, school, college or university and should limit the time you spend outside the home. You should only go out for medical appointments, exercise or if it is essential.

### ▶ CARE HOME VISITS

Visits can take place with arrangements such as substantial screens, visiting pods, or behind windows. Close-contact indoor visits are not allowed. No visits will be permitted in the event of an outbreak but end of life visits are permitted in all circumstances.

**STAY HOME ▶ PROTECT THE NHS ▶ SAVE LIVES**

For more information go to:  
**gov.uk/coronavirus**



Covid 19 remains a significant threat, however, we are consoled by the wonderful new vaccines, introduced at record speed, and which are indeed a truly remarkable effort by all involved, including the brave volunteers who took part in the early trials.

The vaccine will be rolled out in line with the following program:

**Priority Risk group**

1	Residents in a care home for older adults and staff working in care homes for older adults
2	All those 80 years of age and over and frontline health and social care workers
3	All those 75 years of age and over
4	All those 70 years of age and over and clinically extremely vulnerable individuals (not including pregnant women and those under 16 years of age)
5	All those 65 years of age and over
6	Adults aged 16 to 65 years in an at-risk group (see below)
7	All those 60 years of age and over
8	All those 55 years of age and over
9	All those 50 years of age and over
10	Rest of the population (to be determined)

HCO Continues to give wide publicity to the changing Covid regulations on our website and via Social Media and with Supporters Updates. Do check our website regularly to keep up to date.

**SUPPORT**

If you need further information or help with the impacts of coronavirus on your business, finances, health or other support, please see the Mid Sussex District Council website which has a host of resources:

<https://www.midsussex.gov.uk/>

Practical support is available in Mid Sussex through the West Sussex Community Hub. The Community Hub was set up in March 2020 to give practical support and assistance to anyone adversely affected by COVID-19, and has provided access to food and essential household supplies for individuals and families since its launch, together with information, advice and guidance. It is totally confidential. You can find more information and request support online here: <https://www.westsussex.gov.uk/news/support-continues-to-be-available-for-west-sussex-families-in-need/>

If you aren't online or would prefer to speak to someone please call the Community Support Helpline 033 022 27980 whose lines are open 8 am to 8 pm 7 days per week.



Additional support is available from the following community and voluntary organisations:

Citizens Advice <https://www.advicewestsussex.org.uk/> Tel. 0344 477 1171

Age UK West Sussex <https://www.ageuk.org.uk/westsussex/> Tel. 01903 731 800

Carers Support West Sussex <https://www.carerssupport.org.uk/> Tel. 0300 028 8888

Burgess Hill Community Foodbank <http://www.burgesshillfoodbank.org.uk/>

Mid Sussex Voluntary Action <https://www.msva.org.uk/> (support for community groups) Tel. 01444 258102

MIND <https://www.mind.org.uk/> Tel. 0208 215 2243

## **MEDICAL GUIDANCE**

If you are worried that you may have symptoms of Covid-19 you can use the NHS online symptom checker: <https://111.nhs.uk/covid-19>

For most people, COVID-19 will be a mild illness. However, if you develop symptoms or have any reason to believe you may have been exposed to the virus, stay isolating at home and arrange to have a test to see if you have COVID-19 at <https://www.gov.uk/get-coronavirus-test> or contact NHS 119 via telephone if you do not have internet access. The nearest testing centre is at Plumpton racecourse.

General medical guidance can be found at [NHS.UK](https://www.nhs.uk) and detailed coronavirus information and guidance can be found at <https://www.gov.uk/government/collections/coronavirus-covid-19-list-of-guidance>

## **LOCAL BUSINESSES AND THEIR SERVICES**

Supporting our local traders remains of vital importance. Our day long 'Shop Local' and late-night shopping event on the 19<sup>th</sup> December in conjunction with our Village Market was a great success and brought some much-needed joy to the festive period. As with our last Update a 'Covid Mini Directory' follows this Update and contains information from our local traders about the services/products they are offering during this nationwide lockdown. You will notice not all the local businesses are within it, but we will add further information onto our website and social media as it is passed to us.

Please note that Knight's Budgens (Hassocks) is closed until 23<sup>rd</sup> January when it will open with a limited range before reopening fully in February. In the meantime you can register with Appyshop online at <https://appyshop.co.uk/> or download the app from the App Store or Google Play. Deliveries from Budgens will be temporarily free of charge while they are closed for refurbishments but are subject to a £25 minimum order value. Alternatively, you can shop at the Henfield branch for deliveries which is located at High Street, Henfield, BN5 9DB, Tel. 01273 492750.

## **HELP US TO HELP YOU!**

Like all voluntary groups, what we do is entirely dependent on the volunteers who work with us – we are always keen to attract new people and whatever your age, skills or experience you would be most welcome. Contact: [hassocksvolunteers@gmail.com](mailto:hassocksvolunteers@gmail.com)

Erika Woodhurst-Trueman, Liz Mercer & Bob Kenhard  
Hassocks Community Organisation



Dear HCO Supporters and residents of, or visitors, to Hassocks,  
Please find below a list of local traders and the services/products they are offering during this third lockdown.

		Contact us via	More info can be found at:
ADASTRA DELI	The Deli will be closed until further notice. Follow us on Facebook for future updates.	01273 843078	Find us on Facebook @ Adastra Deli
BAKE OUT	Bake Out Hassocks at 30 Orion Parade will be open as usual Monday to Saturday 7am – 3.30pm supplying our usual high quality, handmade artisan bread, cakes, pastries, hot savouries & hot drinks.	01273 842600	www.bakeout.uk
BELLA & MEGS	Bella & Megs are open for takeaway coffees, sandwiches, quiche meals, hot one pot meals and cream teas. Open Wed - Sun. Please call us for details and pre orders.	01273 842534	
BELLA JUNE FLOWERS	Daily collections and deliveries. Order via Facebook/Instagram, Messages left on shop phone will be picked up twice a day.	WhatsApp: 07468584040 or email <a href="mailto:info@bellajuneflowers.co.uk">info@bellajuneflowers.co.uk</a> 01273 845379	
BENNETT OAKLEY	We are open for business although our Hassocks office will be physically closed. Appointments can be made either remotely or in certain allowed exceptions in our Burgess Hill office. Please call us for further details.	01273 956300	
CJ YOGA	Three online yoga flow classes a week, Monthly Rest & Restore Yoga, Weekly Meditation Mail.	<a href="mailto:cjyoga@yahoo.co.uk">cjyoga@yahoo.co.uk</a> or visit cjyoga7 on Facebook	
GRIFFITH SMITH LLP	We remain open to clients by appointment only during lockdown as designated key workers for Wills and Probate. The housing market remains open and	01273 843405	www.griffithsmith.co.uk



	we are accepting new instructions at the Hassocks office. We can offer video or phone appointments.		
HAIR EMPORIUM	We are currently closed for the tier 4 lockdown until further notice. Online bookings will be operating from our website once restrictions are lifted. Wishing all a healthy new year and looking forward to welcoming you back when safe to do so.	<a href="mailto:hairemporiumltd@googlemail.com">hairemporiumltd@googlemail.com</a> or Facebook Hair Emporium Hassocks	
HASSOCKS DENTAL SERVICES	Services to our dental clinic <b>will not</b> be affected and we remain open for all our usual treatments for patients. Please contact our reception team for appointments and with any questions.	01273 842987 or <a href="mailto:info@hassocksdental.com">info@hassocksdental.com</a>	
HASSOCKS EYE CARE CENTRE	We remain open providing essential and urgent eyecare needs, we're also seeing routine patients. We have all the PPE we need which is now provided by the NHS. We also have an online shop at <a href="http://www.hassockseyecare.co.uk/shop">www.hassockseyecare.co.uk/shop</a> and deliver to local Hassocks postcodes free of charge.	01273 843946	
HASSOCKS HARDWARE	Hassocks Hardware remains open during the lockdown. Open 8.30am to 5.30pm Mon -Sat	01273 843878 <a href="mailto:hassockshardware@btconnect.com">hassockshardware@btconnect.com</a>	
HASSOCKS VILLAGE CLEANERS	We are a team of local Mums specialising in Cleaning Services in Hassocks.	<a href="http://www.hassocksvillagecleaners.co.uk">www.hassocksvillagecleaners.co.uk</a> 07731752227 <a href="https://www.facebook.com/hassocksvillagecleaners/">www.facebook.com/hassocksvillagecleaners/</a>	<a href="http://www.hassocksvillagecleaners.co.uk">www.hassocksvillagecleaners.co.uk</a>
KITCHENS DE LA CASA	Accessories & Homeware available for collection or local delivery	01273 845655 <a href="http://www.delacasa.co.uk">www.delacasa.co.uk</a> <a href="mailto:info@kdlc.co.uk">info@kdlc.co.uk</a>	<a href="http://www.delacasa.co.uk">www.delacasa.co.uk</a>



PROFILES HEALTH & BEAUTY	Call & collect or delivery is available every Wednesday through lock-down. Email or call us to order, pay & organise a collection/delivery. Zoom or FaceTime also available for skincare consultation.	01273 846348 profiles Hassocks@gmail.com	www.profileshealthandbeauty.co.uk
PURPLE CARROT @ NO.6	Unfortunately, we're not open at the moment but as soon as we're able we'll be pleased to welcome you back. When we do re-open we'll have some extra outdoor seating plus some special events.	07763641879 <a href="mailto:thepurplecarrot.hassocks@gmail.com">thepurplecarrot.hassocks@gmail.com</a> Facebook: purplecarrot	www.thepurplecarrot.uk
THATCHERS	Currently we are closed, but we look forward to welcoming you back soon. Book an appointment or find out any information on Instagram, Facebook or google <a href="http://thatchers.co.uk">thatchers.co.uk</a>	07980415506	Thatchers.co.uk