



SUPPORTERS UPDATE JULY 24th 2020

CORONA VIRUS - SOURCE OF THE COVID-19 PANDEMIC

Latest Government instructions are:

Stay alert

We can all help control the virus if we all stay alert. This means you must:

- stay at home as much as possible
- work from home if you can
- limit contact with other people
- keep your distance if you go out (2 metres apart where possible)
- wash your hands regularly

Do not leave home if you or anyone in your household has symptoms:

The most common symptoms of coronavirus (COVID-19) are recent onset of a new continuous cough and/or high temperature and or loss of taste or smell. If you have these symptoms, however mild, stay at home and do not leave your house for 7 days from when your symptoms started (if you live alone), or 14 days (if you live with someone who has symptoms). You do not need to call NHS 111 to go into self-isolation. If your symptoms worsen during home isolation or are no better after 7 days, contact [NHS 111 online](https://www.nhs.uk). If you have no internet access, you should call NHS 111. For a medical emergency dial 999.

As of the 24th July you must wear a face covering, with a few exceptions, when entering a shop but for full details of what you can and can't do now – see:

<https://www.gov.uk/government/publications/coronavirus-outbreak-faqs-what-you-can-and-cant-do/coronavirus-outbreak-faqs-what-you-can-and-cant-do>

For further information visit: https://www.facebook.com/coronavirus_info/?page_source=coronavirus_inform_gp

Here are a few of the things that our community is doing now:

A Facebook Group - Hassocks Volunteers and COVID-19 - You should have received a leaflet through your door about this support group. If you are a local resident who needs support, or if you know of somebody who perhaps does not have friends or family locally to support them who may need help during these times, you should feel free to contact this group. This special Facebook page, 'Hassocks & Keymer Volunteers – Covid19' has been set up specifically to enable people to reach out for help. The group can help with shopping, prescriptions, befriending phone calls and much more. Additionally, you can contact the group to offer help or ideas. For those in the community who do not have internet access there is a telephone line to contact volunteers: **01273 040111**.

Age Concern – Hassocks has closed the centre in Dale Avenue from Monday 23rd March until further notice, following government advice. However, they are keeping their website (www.achassocks.co.uk) and Facebook page (<https://www.facebook.com/Age-Concern-Hassocks-1821739958144193/>) updated, so please keep an eye on both for the most up to date information. Staff will be available on the phone during the day, so if you need help, advice or a friendly chat please call the office on **01273 844461**. **23 JUL 2020**

The centre is still closed however Paul the chiropodist and the hairdressers are in and providing their services from the centre following social distancing rules. Paul can be contacted on his new direct dial telephone number which is 01273 855760.

As we write most local shops are reopening with appropriate social distancing controls in place.

Shops in the village have most essentials so don't forget to use your HCO Village Discount Card whenever possible, as supporting our local shops has never been more important.

What can your community organisation do for you?

As you know, owing to the government directives, we had to close the Village Market and the Community Cycle Hire shop but thankfully the monthly Village Market reopened last month and will be open again on every fourth Saturday. The Cycle Hire and repair shop has also re-opened. The Star Cinema team are looking at how it might be possible to re-open in a limited way. Our Green Group is sadly similarly restricted, but plans are in place for the pots and planters. Some work has been done and the rest will follow shortly. Congratulations to the Parish Council and Penny Wadsworth for the village baskets which are superb this summer. Like most of us they do need the occasional drink of water to stay in good shape – so do please give any that you see and can reach safely a drop of water!

We have made a donation to the Hassocks Community Food Bank – the need for this kind of help is increasing and in no small measure because of the current restrictions. **Finally, if you believe we might be able to help you in some way do get in touch:** email: enquiries@hassockscommunity.org.uk or 01273 846481

Useful Information:

Day Lewis Pharmacy - 01273 844254 . Regular prescriptions may take 4 working days to process. Friends and family can collect them for you and they just need your address.

Mid Sussex Befriended Service - Volunteers can be contacted on **0300 772 7703** for a friendly chat and support advice.

Hassocks Community Food Bank - is pleased to announce Budgens in the village has agreed to have a temporary food donation drop off point by the kiosk in the shop, so please drop your donations there or at Hassocks United Reformed Church on a Friday between 10am – 12 noon.

Hassocks Parish Council - is endeavouring to provide updated information for residents to help meet the challenge of the COVID-19 virus pandemic and has produced a page on their website devoted to the virus outbreak with various contacts: <https://www.hassocks-pc.gov.uk/local-response-to-covid-19/>

Mid Sussex District Council - For information about Mid Sussex District Council services such as Waste & Recycling, Benefits and Parking & Travel, as well as contact details for additional support services. <https://www.midsussex.gov.uk/coronavirus-community-support/coronavirus-community-support/>
Helpline [033 022 27980](tel:03302227980) lines are open 8 am to 8 pm 7 days per week.