



Coronavirus: need help?

**Your community
hub is here!**



East Sussex
Clinical Commissioning Group

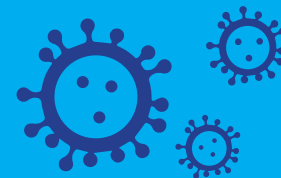


East Sussex
Voluntary Sector Alliance



Coronavirus: need help?

Support for everyone in East Sussex



If you are struggling to cope with the effects of coronavirus, your community hub may be able to help. **No one in East Sussex will be left on their own.** But some people may be able to get the support they need from family, friends or neighbours instead.

Get in touch with your community hub if:

You're struggling to cope with coronavirus because you're alone, worried, unwell, short of money or can't get medicine, food or other essentials

AND

There is no one living near you who you know and can trust to help

Get in touch with your community hub if:

Your GP has contacted you to say you have an extreme medical condition and you are getting food delivered to your home while you shield yourself for 12 weeks

AND

There is something else you need

Consider NOT getting in touch with your community hub if:

You have family, carers, friends or neighbours nearby who you can trust and rely on to help you (and who are not vulnerable themselves)



Contact your community hub:

Eastbourne

01323 679722

www.lewes-eastbourne.gov.uk/requestsupport

Lewes

01273 099956

Hastings

01424 451019

www.hastings.gov.uk/my-council/covid19/help

Rother

01424 787000, opt 4

www.rother.gov.uk/community-support

Wealden

01323 443322

my.wealden.gov.uk

If you would like to request this information in a different language or format contact escccovid19enquiries@eastsussex.gov.uk