

Edited statement from the Secretary of State for Health and Social Care

to take into account changes introduced in 2021.

Please refer to <https://www.gov.uk/guidance/national-lockdown-stay-at-home> for full advice.

The full guidance can be found online at <https://www.gov.uk/coronavirus> and you can find out what Tier your local area is in here: <https://www.gov.uk/find-coronavirus-local-restrictions>

If you are advised to shield in the future, we will write to you setting out the guidance and additional support that will be available if you need it.

Advice for clinically extremely vulnerable children and young people

As our knowledge of COVID-19 has grown, we now know that very few children are at highest risk of severe illness due to the virus. Doctors have therefore been reviewing all children and young people who were initially identified as clinically extremely vulnerable to confirm whether they are still thought to be at highest risk.

If this letter is addressed to a child or young person, and you have not yet heard from your child's hospital doctor or GP to discuss this, please contact whoever usually provides care for your child to check whether they should still be considered clinically extremely vulnerable. If you have already discussed this with your child's doctors and they have confirmed your child is still considered highest risk, your child should follow the advice as set out in this letter.

Access to health and care

The NHS is open, and we urge you to continue to access all the NHS services that you need, whatever Tier your local area is in. It is safer for you to use the NHS than to try to manage alone.

You can also quickly and easily access a range of NHS services from home, including ordering repeat prescriptions or having an online appointment with your healthcare professional. To find out more visit: <https://www.nhs.uk/health-at-home> or download the NHS App. You should also continue to receive support from social care if you require it.

Please make sure your GP has your most up to date contact details, including your home address and, if possible, a personal email address, so that we can contact you quickly in the event that guidance changes in the future.

## Access to additional support

Please visit <https://www.gov.uk/find-coronavirus-support> to get more information on what government support is available to everyone during the pandemic.

Your local council may run local support networks or hubs, and there might be local charities in your area that can provide you with any extra help you need. Your local council's website will have more information about this.

NHS Volunteer Responders are also available to help with things like collecting shopping, medication or other essential supplies and with transport to medical appointments. They can also provide a regular, friendly phone call which can be provided by different volunteers each time or by someone who was previously advised to shield and will stay in contact for several weeks. More information is available at <https://www.nhsvolunteerresponders.org.uk> or you can call 0808 196 3646 between 8am and 8pm.

If you are in a Tier Three: Very High alert area you can also register via <https://www.gov.uk/coronavirus-shielding-support> to request access to priority supermarket deliveries, if you do not have someone you can rely on to go shopping for you. If you already have priority deliveries with a supermarket, that will continue – you do not need to do anything further.

If you are in a Tier Three: Very High alert area and need other forms of help, you should contact your local council directly. Find out how your local council can help you at <https://www.gov.uk/coronavirus-local-help>.

It is also really important to look after your mental health. The Every Mind Matters website offers advice and practical steps that you can take to support your wellbeing and manage your mental health during this pandemic. You can visit them at <https://www.nhs.uk/oneyou/every-mind-matters>.

## Vitamin D supplements

During the autumn and winter months everyone is advised to take a supplement of vitamin D every day to support general health and in particular for bone and muscle health. Many of us have been indoors more than usual this year and so might not have been making enough vitamin D from sunlight. You can find general advice on vitamin D here: <https://www.nhs.uk/vitamin-d>

This advice is particularly important for people who have been shielding this year due to COVID-19, or who are living in care homes, because they are most likely to have been indoors over the spring and summer and so may not have been able to obtain enough vitamin D from sunlight.

The Government is offering a free 4-month supply of daily supplements of vitamin D for all adults who are clinically extremely vulnerable to support general health and in particular for bone and muscle health. If you would like to opt-in to receive your free supply of vitamin D, you will need register your details between 30 November 2020 and 4 January 2021 at the following link: <https://www.nhs.uk/get-vitamin-d>

You do not need to opt-in to receive the vitamin D supplements if:

- You are already taking, or are prescribed, a vitamin D supplement by your GP or healthcare professional
- You are currently living in a nursing or residential care home as we will provide these direct to the home where you live.

We expect to start distributing the vitamin D supplements from January 2021. Further guidance on how to safely take vitamin D supplements will be provided during the opt in process.

I know it has been really hard for you during the pandemic and appreciate the sacrifices that you have made. We will continue to support you in your efforts to keep yourself and others safe.

Yours sincerely,

MATT HANCOCK

Secretary of State for Health and Social Care

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#### Summary of advice for the clinically extremely vulnerable (CEV) for each local Tier

You must follow the rules and restrictions that relate to the Tier your local area is in – they apply to everyone.

The below sections summarise the additional things you are advised to do to keep yourself safe at each local Tier.

- At all local Tiers we urge you to continue to access the care and support you need
  - You should continue to access NHS services, and you should contact the NHS if you have an urgent or emergency care need
  - If you are in a Tier Three: Very High alert area and need extra support at home, please contact your local council. You can find the contact details by looking on your local council's website
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#### Tier 1: MEDIUM

##### Socialising

- Strictly observe social distancing
- Meet outside if possible
- Keep the number of different people you meet low
- Still go outside for exercise

##### Travel

- Limit unnecessary journeys on public transport

##### Work and school

- Work from home where possible
- Attend work if you cannot work from home
- You should continue to attend school or college

##### Going to the shops and the pharmacy

- Consider shopping or visiting the pharmacy at quieter times of the day

- Strictly observe good hand hygiene and maintain social distancing as much as possible
  - NHS Volunteer Responders can support you if you need help
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## Tier 2: HIGH

### Socialising

- Reduce the number of different people you meet
- Still go outside for exercise

### Travel

- Avoid travel where possible except for going to work, school, or for essential shopping
- If you need to travel, walking, cycling, or travelling in a private car are safer than public transport

### Work and school

- Work from home where possible
- Attend work if you cannot work from home
- You should continue to attend school or college

### Going to the shops and the pharmacy

- Reduce the number of shopping trips you make, including to pharmacies
  - Consider using online delivery slots for food shopping, or ask friends and family to help deliver shopping or collect medicines for you
  - NHS Volunteer Responders can support you if you need help
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### Tier 3 : VERY HIGH

#### Socialising

- Stay at home as much as possible
- Still go outside for exercise

#### Travel

- Avoid travel where possible except for going to work, school, or for essential shopping
- Stay at home as much as possible

#### Work and school

- Work from home where possible
- If you cannot work from home, speak to your employer about taking on an alternative role or change your working patterns temporarily. You can attend work if this is not possible
- You should continue to attend school or college

#### Going to the shops and the pharmacy

- Significantly reduce your shopping trips, including to pharmacies
- Consider using online delivery slots for food shopping, or ask friends and family to help deliver shopping or collect medicines for you
- NHS Volunteer Responders or your local authority can support you if you need help

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This is a summary of the guidance only. It is effective from 2 December 2020.

For more information visit: <https://www.gov.uk/government/publications/guidance-on-shielding-and-protecting-extremely-vulnerable-persons-from-covid-19>

This email has been sent to you as a clinically extremely vulnerable patient on the Shielded Patient List in England using the email address you have previously registered with the NHS. If you wish to change your email address, or

no longer wish to receive these communications by email, please speak to your GP who can update your contact information.

If you want to understand how we use your information, please visit: <https://digital.nhs.uk/coronavirus/shielded-patient-list/shielded-patient-list-transparency-notice>

## **Useful Information for Volunteers.**

Q. How do CVSG define Vulnerable?

A. official Government definition is "A person who is 18 years of age or over, and who is or may be in need of community care services by reason of mental or other disability, age or illness and who is or may be unable to take care of him/herself, or unable to protect him/herself against significant harm or serious exploitation."

It is the element re " may be unable to take care etc....." that we are focusing upon with our scheme. The question to ask is has Covid19, itself or consequences of protective measures, created or highlighted a temporary circumstance where Copthorne Village Volunteer Support, albeit within the scope and advice document parameters can help either specific or systemic matters.

### **ESCALATION.**

In the case of not being able to resolve a circumstance yourself or by reference to another volunteer, coordinator or the Resource Centre please feel free to contact any member of the CVSG Steering Committee. Contact numbers are below: If contacted the Steering Member will try and help resolve the issue with you immediately or involve other Committee Members before getting back to you.

Trevor Hodsdon	01342 716481 Mob 07771 810220
Gwyn Cheesmur	07517 148564
Janette Burke	07816 523144
Chris Mayor	07710 039277
Chris Phillips	07957 148923
Tony Dorey	07802 359123
Sue Williams	07889 660900
Merry Wood	07766 252387
Wim Mauri.	07799 076690

## **General Information.**

Haywards Heath Police Station, 1b Bolnore Rd, Haywards Heath RH16 4BL	01273 475432
Open Monday to Friday	10.00 to 14:00 15.00 to 118:00
Crawley Police Station, Northgate Ave, Crawley RH10 8BF	01273 470101
Open	10.00 to 20:00
Poundhill Surgery	01293 540620
Out of hours 111 or web <a href="http://www.111.nhs.uk/">http://www.111.nhs.uk/</a>	
Open Monday to Friday	08.00 to 18.30

## **Vulnerable Person Issues.**

For Issues regarding their application for 'vulnerable person' support from the uk.gov site.

The contact number is : 01243642121

Email: [socialcare@westsussex.gov.uk](mailto:socialcare@westsussex.gov.uk)

Link to Healthwatch West Sussex: Heads Up  
for information.



**Sussex Mental Healthline:**

for telephone support and information 0300 5000 101

click link for more info [Sussex Mental Healthline | Sussex Partnership NHS Foundation Trust](#)

**YoungMinds Crisis Messenger:** If you are a young person experiencing a mental health crisis, you can text the YoungMinds Crisis Messenger for free, 24/7 support. text YM to 85258

<https://youngminds.org.uk/find-help/get-urgent-help/youngminds-crisis-messenger/>

**Domestic Abuse Support:** 08082000247 <https://www.nationaldahelpline.org.uk/>

**Foodbanks:** The Trussell Trust

Click link for find foodbank finder <https://www.trusselltrust.org/get-help/find-a-foodbank/>

**WSCC Community hub (COVID-19):**

Click link to follow

<https://www.westsussex.gov.uk/leisure-recreation-and-community/supporting-local-communities/community-hub-covid-19/#contact-us>

**Mid Sussex Voluntary Action (MSVA)** E-Bulletin 29/04/2020

Click the link to see latest information from this group

<https://mailchi.mp/b7c175d2a072/newsletter-march14-4849169?e=f8f083be8e>

**PPE (Personal Protective Equipment)**

Large amounts of PPE available at reasonable prices, made by UK community base business.

Call Denis at Community Connect 07949 605 558

[info@community-connect.co.uk](mailto:info@community-connect.co.uk)

**WSCC provided Facebook Links**

You may be asked to Login or create an account but choose Not Now at the bottom in small print to gain access.

Looking after your mental health and wellbeing from #EveryMindMatters. Support and resources are available

[https://www.facebook.com/618890171532707/posts/2958212994267068/?substory\\_index=0?sfn=scwspmo&extid=TAglFHPwDVKEBh31](https://www.facebook.com/618890171532707/posts/2958212994267068/?substory_index=0?sfn=scwspmo&extid=TAglFHPwDVKEBh31)

Sign up for the Carers Emergency Alert Card today. This FREE scheme helps identify you as a family or friend carer so the person you care for can be supported if you have an accident or are taken ill.

[https://www.facebook.com/618890171532707/posts/2958488187572882/?substory\\_index=0?sfn=scwspmo&extid=58nTdB19gKhp11vV](https://www.facebook.com/618890171532707/posts/2958488187572882/?substory_index=0?sfn=scwspmo&extid=58nTdB19gKhp11vV)

Waste Recycling Sites - We have developed a plan, subject to further government guidance, to safely reopen Household Waste Recycling Sites (HWRSs) next week (week commencing 11

May). The date will be confirmed later this week when further guidance on managing the reopening of sites will be released by central government.

[https://www.facebook.com/618890171532707/posts/2965404120214622/?substory\\_index=0?sfnsn=scwspmo&extid=YzUODbXgomLTXUI1](https://www.facebook.com/618890171532707/posts/2965404120214622/?substory_index=0?sfnsn=scwspmo&extid=YzUODbXgomLTXUI1)

Crimestoppers have shared some tips and advice to help keep you safe from scams and fraud. If you believe you have been a victim of fraud or cybercrime, contact [www.actionfraud.police.uk](http://www.actionfraud.police.uk)

<https://www.facebook.com/105224117606609/posts/172412384221115/?sfnsn=scwspmo&extid=KrevT8b5xFrSOxHA>

Supporting family and friends - People are playing their part and providing essential support to their friends and family who are in isolation, to find out how to help others safely

[https://www.facebook.com/105224117606609/posts/172739420855078/?substory\\_index=0?sfnsn=scwspmo&extid=JW8oaw01fTyhdHz1](https://www.facebook.com/105224117606609/posts/172739420855078/?substory_index=0?sfnsn=scwspmo&extid=JW8oaw01fTyhdHz1)

How to deal with scam texts and emails:

[https://www.facebook.com/105224117606609/posts/174415580687462/?substory\\_index=0?sfnsn=scwspmo&extid=u9YryzoXC4bDKDPz](https://www.facebook.com/105224117606609/posts/174415580687462/?substory_index=0?sfnsn=scwspmo&extid=u9YryzoXC4bDKDPz)

Teens chance become cyber security agents - Virtual cyber school has been launched to give teens the chance to try out as cyber security agents from home

<https://www.facebook.com/105224117606609/posts/174438554018498/?sfnsn=scwspmo&extid=DwXnwypW5oLTDUoj>

Domestic Abuse - Practical Planning Steps to reduce the risk

<https://www.facebook.com/105224117606609/posts/174409737354713/?sfnsn=scwspmo&extid=HnoJhtV6VDmMHxd6>

## Food Suppliers

### Adams Wholesale Food Suppliers

Delivering All over Sussex Next Day delivery

Includes meat, fruit, vegetables, bakery, cleaning products, dairy, frozen foods. Delivery 6 days a week (no Sundays) we deliver next day if you order before 11pm, we deliver free of charge on orders over £50 orders under £50 are subject to a £5 delivery charge. Registration is through the website, payment by card. Tel: 01903 282 220 or enquiry by email [homedeliveries@adams-wholesale.com](mailto:homedeliveries@adams-wholesale.com) Website: [www.adams-wholesale.com](http://www.adams-wholesale.com)

Jeff Cregor

Sales manager.

07568428520

01903 282220

[jeff.cregor@adams-wholesale.com](mailto:jeff.cregor@adams-wholesale.com)

@AdamsNextDayDeliveries

[www.adams-wholesale.com](http://www.adams-wholesale.com)

### **The Sussex Kitchen**

Our award-winning bakery goods are now available for home delivery. All ingredients are organic and sourced locally wherever possible, supporting local jobs and businesses. We bake everything to order onsite and deliver them fresh to your doorstep next day. Our product range now also covers the basics such as bread, milk, eggs, flour, cheese, and coffee. More items will be added over the coming weeks. We're here to help you through this difficult period as smoothly as possible.

<https://thesussexkitchen.com/>

### **The Llama Park**

Our food service is now available for you to pick up from The Llama Park. The service will operate from 10:00 – 16:00 every day until further notice. Go on-line, order your food from the comfort of your home, pay for it on line, collect it with NO CONTACT.

<https://llamapark.co.uk/llama-park-takeaway-food-service/>

### **EG Greengrocers**

So, it has been a month since we closed the stall and started delivering pre made fruit and veg boxes. In the beginning we became overwhelmed by the response, to ensure that we could supply to those most in need, we restricted our deliveries to only the elderly, vulnerable and those in isolation.

We are now able to offer delivery to anyone within the local area. (RH19 RH18 RH10 RH7)

Please send your order Via email-

[smith.goldsmith@mail.com](mailto:smith.goldsmith@mail.com)

With following details please:

Name

Full address inc post code

Box choice

Contact number

Payment choice (for pre pay we will call you back for payment)

Mixed fruit, veg and salad £20

Fruit box £20

Veg box £20

You can pay cash, card, contactless.

For a completely contactless delivery you can now pre pay for your delivery over the phone.

For collections, do not order. Just turn up at Queens Walk East Grinstead

Tuesday- Saturday 9-2pm

### **Forest Row Community Fridge**

Do you know someone who is struggling at the moment?

If so please contact us, we may be able to help in the form of a food delivery (Forest Row, Ashurst Wood, Sharpthorne, West Hoathly)

Please email us [mailto:frcommunityfridge@gmail.com](mailto:mailto:frcommunityfridge@gmail.com) or call the Forest Row Helpline 01342 774882

Please ask your neighbors and friends too as we would like to reach those in need in these unprecedented times.

### **Tulleys Farm DRIVE THRU FARM SHOP OPEN DAILY FROM 10AM TO 5PM**

They have fresh meat and fresh fish deliveries every day, also have a wide range of fruit and veg, plus essentials like eggs, milk, bread, jam, honey and flour. Plus - fine wines, ciders, gins and beer! And to keep to entertained at home they have 'Escape Room' games!  
All the fresh goods can run low, but we hope to have enough of a daily delivery to supply most of our visitors.

In car queuing system....You don't need to get out of your vehicle! They try to stay remote from you as we take your order and card payment.

<https://www.tulleysfarm.com/drive-thru-farm-shop>

These came from MSOPC:

Handcross Butchers - <https://www.handcrossbutchers.co.uk/> - 01444 400 622

Upcountry Garden Centre - <https://upcountrystorehouse.com/>

**Lindfield Coffee Works** - Delivery of large coffee bags for home brewing - Free delivery within 8 miles of Lindfield <https://www.lindfieldcoffeeworks.co.uk/shop-1>

The Potato Man Sussex - Usually delivers to fish and chip shops but is now delivering locally to help. Agria potatoes in 12.5kg or 25kg bags (£9 or £15)  
<https://www.facebook.com/thepotatomansussex/>

**The Grape and Grain** - Free delivery to those that can't leave. Website is updated daily (and is more expensive but lovely produce) you can get things such as: Flour, Olive Oil, Cheese, Cold Meats, Wine, Beer, Coffee, Biscuits, Bread

### **Pharmacies.**

**NOTE:** Re prescription filling.

If a client has their prescription filled elsewhere, the coordinator can contact the normal pharmacy who will redirect the prescription to Copthorne for collection by them.  
If coordinators have a few prescriptions to collect then a single visit would help them.

Rivermead Pharmacy, Copthorne	01342 717828
Open Monday to Friday	09.00 to 13.00 14:00 to 18.30

Hogarth Pharmacy, Smallfield	01342 844424
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	Open Monday to Wednesday	09.00 to 18.00	
	Thursday	09:00 to 18:00	
	Friday	09:00 to 18:00	
	Saturday	09:00 to 12:30	
Kamsons Pharmacy, Pound Hill			01293 513336
	Open Monday to Friday	09.00 to 18.00	
	Saturday	09:00 to 13:00	
Geddes Pharmacy, Three Bridges			01293 524451
	Open Monday to Friday	09.00 to 18.00	
	Saturday	09:00 to 13:00	
Crawley Down Pharmacy, Crawley Down			01342 716970
	Open Monday to Friday	09.00 to 13.00 14:00 to 18:30	
	Saturday	09:00 to 13:00	
Lloyds Pharmacy, Horley			01293 773665
	Open Monday to Friday	09.00 to 19.00	
	Saturday	09:00 to 18:30	
	Sunday	10:00 to 16:00	
Kassam Pharmacy, Gales Drive, Crawley			01293 522919
	Open Monday to Friday	09.00 to 18.00	
	Saturday	09:00 to 16:00	
Boots the Chemist			
County Mall			01293 527158
	Open Monday to Saturday	09.00 to 17.00	
	Sunday	10:30 to 16:30	
County Oak Retail Park			01293 512322
	Open Monday to Friday	09.00 to 20.00	
	Saturday	09:00 to 19:00	
	Sunday	11:00 to 17:00	
Maidenbower			01293 888411
	Open Monday to Friday	08.30 to 18.00	
	Saturday	09:00 to 17:00	

Horley Late Night Victoria Road. 24-hour Fridays. ⬅==== add more data here

Well Pharmacy Gatwick Road, ???? Gatwick Airport ??

**Supermarkets.**

Tescos Hazlewick Ave, Crawley, RH10 1GY 0345 677 9179

Open Monday to Saturday 09:00 to 22:00.

Sunday 10:00 to 16:00.

Pharmacy has additional 30 minutes each day except Saturday and Sunday.

Sainsburys Crawley Avenue 01293 616433

Open Monday to Saturday 08:00 to 22:00.

Sunday 10:00 to 16:00.

Lloyds Pharmacy

Open Monday Saturday 07:30 to 09:00

10:00 to 13:00

14:00 to 19:00

Sunday 10:00 to 13:00

14:00 to 16:00

Support Available: There have been changes to all supermarket opening hours from Monday 23rd March. NHS ID holders have priority Monday to Saturday 07:30 - 08:00. Elderly customers, carers and disabled customers have priority Monday, Wednesday and Friday 08:00 - 09:00.

Asda Crawley includes Pharmacy 01293 663400

Open Monday to Saturday 08:00 to 20:00.

Sunday 10:00 to 16:00.

Waitrose Horley 01293 820002

Open Monday to Saturday 07:00 to 21:00.

Sunday 10:00 to 16:00.

Lidl Horley 0800 977 7766

Open Monday to Saturday 08:00 to 21:00.

Sunday 10:00 to 16:00.

**Veterinary Clinic**

Copthorne Veterinary Clinic 01342 713957

Open Monday to Friday 08:30 to 17:30.

Saturday 08:00 to 12:00.

**Local Shops:**

Kwik Mart, Copthorne Bank 01342 716242

Open Monday to Saturday 07:15 to 20:00.

Sunday 07:15 to 20:00.

McColl's 01342 719242

Open Monday to Saturday 07:00 to 20:00.  
Sunday 07:00 to 20:00.

SPAR, Euro Garages Copthorne Road 01342 719540

Open Monday to Saturday 00:00 to 00:00.  
24 Hrs. suggest ring first  
Sunday 00:00 to 00:00.

Village Stores 01342 712810

Open Monday to Saturday 07:30 to 20:00.  
Sunday 07:30 to 20:00.

Shell / Costcutter Garage 01342 718750

Open Monday to Sunday 04:00 to 24:00.

**Local Repair Services:**

EG Repairs – Paul Mitchell 07793 555711 for more info call or see <http://www.egrepairs.co.uk/>

COVID-19 Support from West Sussex County Council Newsletter dated 16/11/2020 follows,  
with active links to the websites.

## FUNDING



### COVID-19 HARDSHIP FUND

Fund providing cash grants to **those hardest hit by the pandemic**. These may be families living below the poverty line, those experiencing domestic violence, refugees and people seeking asylum or those who are homeless. Any organisation can become a Referral Partner, including charities, schools and local authorities. [Official Press Release](#); [Letter from Sussex Branch](#); [Online Information](#)



Department  
for Culture  
Media & Sport

### YOUTH COVID-19 SUPPORT FUND

**Deadline: 12 February**

Open to grassroots **youth clubs, uniformed youth groups, and national youth and umbrella organisations** to help mitigate the impact of lost income during the winter period due to the coronavirus pandemic, and ensure services providing vital support can remain viable. [Details](#)



### SMART ENERGY GB

**Deadline: 12 February**

Grants of up to £25k are available for projects **helping those who are offline and on a low income** to understand and benefit from smart meters. [Details](#)



### YOUTH MUSIC NETWORK

**Deadline: 1 April**

Grants of between £2k and £30k for schools and other not-for-profit organisations to support music-making and music-making-related projects for **children and young people facing barriers**. 10% match funding is required. [Details](#)





### THE RAGDOLL FOUNDATION

Funding supporting arts, cultural and youth-focused organisations working with **children and young people** through the arts, artists and creative media. [Details](#)



LUND TRUST

A CHARITABLE FUND OF  
LISBET RAUSING & PETER BALDWIN

### SUSSEX LUND

Grants programme supporting small-scale, practical projects that **improve the landscape of the High Weald** Area of Outstanding Natural Beauty. [Details](#)

On **Tuesday 9 February** you can attend [a free webinar](#) providing advice on completing an application form and presenting your project.



### COVID WINTER SUPPORT FUND

**Deadline: rolling**

Grants of up to 5k for Sussex community groups, social enterprises and parish councils, to help alleviate poverty and meet winter needs of **families, children and young people**. [Details](#)

### RAMPION FUND

**Deadline: 26 March**

Funding for organisations working to improve the lives of the people of Sussex, in particular those with links to the **environment and ecology, climate change and energy**. [Details](#)

### RECENTLY HIGHLIGHTED FUNDING SOURCES

[Details in a PDF document](#)



[Amaze](#)

Giving information, advice and support to families of children and young people with special educational needs and disabilities (SEND) in Brighton & Hove and Sussex.

## COVID-19 Support from West Sussex County Council

We hope you are well and have the support you need during the increased national coronavirus restrictions.

If you do need access to further help and support, you can find more information and advice in this email.

You're receiving this email because you've been identified as someone clinically extremely vulnerable to coronavirus.

You should have received a letter from the Government explaining the new national restrictions and guidance, and how to access support. Full guidance can also be found on the [GOV.UK website](#).

This email is to remind you of the support available to you and what to do if you need help to access food, medicines and other essentials, or if you are feeling lonely and isolated.

### **Ask those around you**

If you're struggling to cope with the effects of the coronavirus pandemic then in the first instance you should ask trusted family, friends and neighbours if they can help you with shopping, getting medicines and other essentials.

We know it might feel strange to ask, but don't be afraid to speak to those you trust about what you need – reach out if you can.

### **Register on GOV.UK**

The Government won't be providing food boxes this time, but you can register using a [new online service](#) to get access to priority supermarket deliveries, ask for contact

details for local support, and to update your details. If you've already got a priority supermarket delivery, you'll keep it.

### **Contact the West Sussex County Council Community Hub**

If you need help to register on GOV.UK for a supermarket slot, or you don't have anyone else to help you and you require support – for example if you have no access to food or medication - you can contact the Community Hub by calling 033 022 27980, by emailing: [communities@westsussex.gov.uk](mailto:communities@westsussex.gov.uk), or through our [website](#).

The team are here to help you from 8am to 8pm, seven days a week, including bank holidays.

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## **For further information and advice**

### **Visit our website**

You can find a range of information and advice during the coronavirus pandemic on [our website](#).

### **Volunteer help**

- As well as helping with shopping and medicine delivery, NHS Volunteer Responders can help with a regular, friendly phone call, and transport to and from medical appointments. To arrange support for yourself or someone else from NHS Volunteer Responders call 0808 196 3646 or visit the website: [NHS Volunteer Responders](#).

### **Pharmacy delivery**

- If you can't get help with medicines and prescriptions through friends, family and neighbours or NHS Volunteers, you can contact your pharmacy to inform them you're clinically extremely vulnerable and need medicines delivered. The pharmacy will arrange this free of charge. The Service lists all pharmacies nearby.

### **Staying healthy and active**

- Get advice on staying well on our [health and wellbeing web pages](#).

### **Mental health**

- Find mental health and wellbeing advice and services in West Sussex on our [Mental Health Directory](#). You can also phone the Sussex Mental Healthline on **0300 5000 101** for mental health support and information, including urgent or crisis support.

## **Healthcare**

- The NHS remains open and here for you. You can continue to attend your booked medical appointments. If you need medical help from your GP, contact them online or by phone to be assessed. For urgent medical help, contact [NHS 111 online](#) or by phone. You and those in your household are encouraged to get your free flu jab.

## **Financial advice**

- If you are worried about money and need help visit [citizensadvice.org.uk](https://citizensadvice.org.uk) or call Citizens Advice on: 03444 111 444 or via textphone: 18001 0800 144 8884.

## **Library services at home and help to get online**

- There are lots of library services you can use at home. Visit our pages for information on our online library, eBooks, audio books, eMagazines, newspapers and online learning.

## **Receive the very latest news on coronavirus in West Sussex**

- Sign up for our regular residents' [eNewsletter](#) and we'll send you important news and updates as they happen.

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Please be aware you cannot reply to this email. Use the contact details and links in the email to get advice and support if you need it.

For urgent medical help, contact [NHS 111 online](#) or by phone. If it's a serious or life-threatening emergency, call 999.

# The good grocery shopping guide

Hundreds of community support groups have launched nationwide during the COVID-19 outbreak – offering shopping and more to vulnerable self-isolating people.

Some supermarkets are also putting together grocery boxes of handy essentials so that vulnerable people needn't leave their homes at this time.

But a whopping 6.4 million people (10% of the total UK population) may have special dietary requirements.

There are many reasons why people may exclude foods from their diet. These include allergies, intolerances, autoimmune diseases, personal beliefs, and religious, philosophical and cultural beliefs.

It is vital that the national effort to shop for the most vulnerable considers these needs.

Here are some simple ways to help ensure that community grocery boxes are inclusive for all.

The free-from section in every supermarket will be worth checking out if you are shopping for someone following a special diet, especially those following a dairy-free, gluten-free or vegan diet.

## A VEGETARIAN BOX COULD INCLUDE:

canned baked beans, soup and pasta sauce; milk; dairy products, such as butter and cheese; bread; rice and pasta; vegetables, such as potatoes, carrots and onions; vegetarian proteins; essential household items.

### Vegetarian proteins could include:

dried or tinned lentils, chickpeas, baked beans, kidney beans, dairy products, eggs, meat replacement products such as Quorn, Linda McCartney, Fry's products, or supermarket own brand products and tofu.

A vegetarian box should be suitable for most **Hindus** and **Sikhs**, who often follow a vegetarian diet. Be aware that some Hindus may not eat eggs. Some Sikhs and Hindus do not consume alcohol so it's important to check first and check labels accordingly.



## A VEGAN BOX COULD INCLUDE:

canned baked beans+, soup+ and pasta sauce+; dairy alternatives, such as vegan spread, vegan cheese and soya or oat milk; bread, rice and pasta; vegetables such as potatoes, carrots and onions; vegan proteins, essential household items, ensuring these are cruelty-free and animal-product free.

+Check the packet to ensure that it's milk-free; not all brands of baked beans are. Soup and pasta sauce; again check the label.

**Vegan proteins could include:** dried or tinned lentils, chickpeas, baked beans, kidney beans, dairy alternatives such as soya milk or yoghurt, meat alternatives such as Quorn, Linda McCartney, Fry's products or supermarket own brand products (check the label to ensure these products do not contain milk/eggs and/or are labelled vegan) and tofu.

A vegan box could also be suitable for someone with a **milk** or **egg allergy** – though always check the allergy warnings. The vegan protein sources could be swapped for non-vegan if needed.

Plenty of biscuits are 'accidentally vegan', such as Lotus biscoff caramelised biscuits, most Oreos, most ginger biscuits, most bourbon biscuits, and many digestive, nice and rich tea biscuits.

For more information, see Vegan Womble [veganwomble.co.uk](http://veganwomble.co.uk)





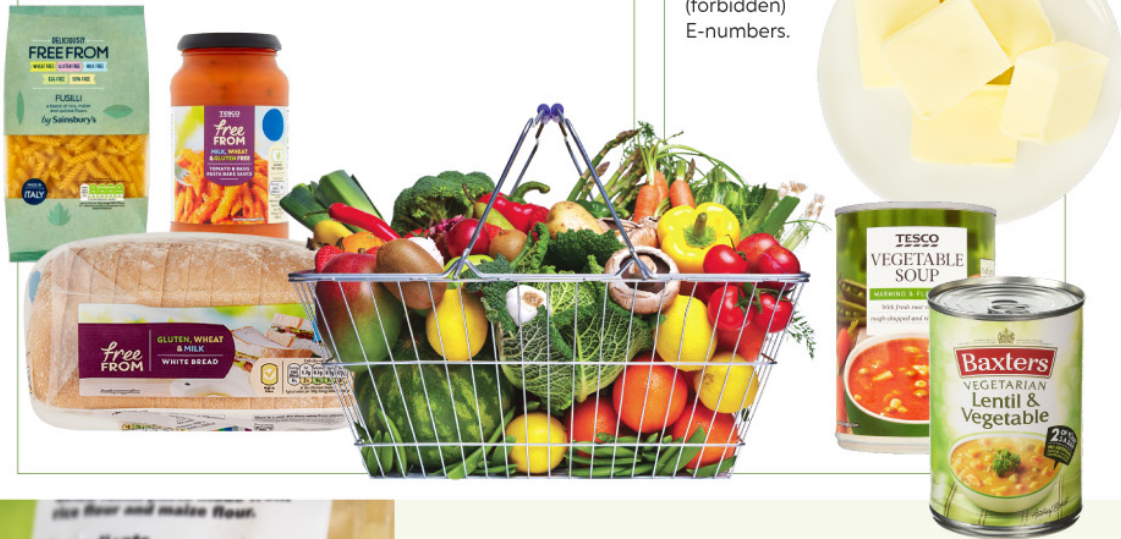
**A COELIAC BOX COULD INCLUDE:** canned baked beans\*, soup\* and pasta sauce\*; milk; dairy products such as butter and cheese; gluten-free bread; rice and gluten-free pasta; vegetables, such as potatoes, carrots and onions; vegetarian proteins\*; essential household items.

\*Check the packet to ensure that it's gluten-free; not all brands of baked beans are. Soup and pasta sauce; again check the label and ingredients. Vegetarian proteins can often contain gluten, so again check the label. Common products such as stock cubes and soy sauce are not gluten-free. For more information, check out Coeliac UK: [coeliac.org.uk](http://coeliac.org.uk)

**A HALAL BOX COULD INCLUDE:**

canned baked beans, soup and pasta sauce; milk; dairy products such as butter and cheese; bread; rice and pasta; vegetables, such as potatoes, carrots and onions; halal protein sources; essential household items.

Check that products don't contain alcohol or any haram (forbidden) E-numbers.



## Look on the packet

Vegetarian products will usually be labelled, so look out for the V symbol, or the words 'suitable for vegetarians'.

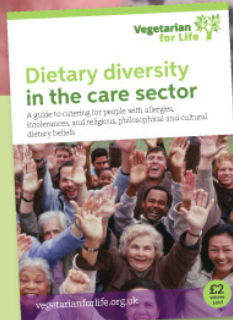
Products that are suitable for vegans are not always labelled as vegan, and may be labelled as vegetarian.

Look on the ingredients list for highlighted allergens such as dairy products. You also need to look out for honey and any E-numbers that would be unsuitable for vegetarians and vegans. This guide from The Vegan Society highlights some

of the common E-numbers to avoid: [vegansociety.com/whats-new/blog/how-avoid-buying-non-vegan-products](http://vegansociety.com/whats-new/blog/how-avoid-buying-non-vegan-products)

When shopping for those following a religious diet it is also important to check the label. Vegan products will usually be suitable for most as long as they don't contain alcohol.

Please don't make assumptions about people's diets. Always ask the individual that you are shopping for first. They'll be the best person to tell you what they do and don't eat.



For more information, visit [vegetarianforlife.org.uk](http://vegetarianforlife.org.uk) to download a free copy of [Dietary Diversity in the Care Sector](http://vegetarianforlife.org.uk). You can alternatively order a copy from the charity by calling 0161 257 0887. Hard copies of the guide are available for just £2.75, including P&P.



Vegetarian for Life is a charity registered in England and Wales, number 1120687