

The Parish Council is currently working with local businesses, volunteer groups and the local churches to provide practical, morale and social support for those affected by the Coronavirus outbreak. **Information in this leaflet may change in future following changes to Government advice or regulation.**

**Local Business Information.**

- **Barn Stores and Downland Butchers** are open for business and can supply items for home delivery (subject to availability). Payment by cheque accepted. Call 422456 for the Barn Stores and 422379 for the Butchers.
- **The Village Hall** is now closed until further notice so all meetings there are suspended. However, it is hoped to continue with a limited **Wednesday Village Market** in the car park, providing fruit and veg., fresh fish, cheese, bread and baked goods. Watch out for notices around the village.
- **Thai Terre Restaurant** hope to provide a Take-Away service with 20% reduction on eat-in prices. Payment can be made by card when ordering and Community Watch will try to deliver meals for those in isolation. Call 423956 to place orders and 423311, 423101 or 423611 for Community Watch.
- **St Anne's Veterinary group** are hoping to operate their normal vet surgery hours. Call 640011 for confirmation.
- **The Beehive Deli, Hikers Rest, Tiger Inn and Divine Hairdressers** are now closed for business, but they will welcome you back when they reopen.
- **The Over 50s Fitness Club** are hoping to continue their weekly Wednesday sessions but in a safe outdoor environment. Contact Frances Mace on 423137 for more information.
- **For those with children at home.**
- Regrettably, the Parish Council have decided to close the Play area on medical and government advice. The Recreation Ground remains open, although parents and children are advised to keep at least 2 metres (3 steps) away from other individuals or family groups.
- We have been informed of a home teaching support service for pre-school to year 6 children that is offering 2 month's free access during the Coronavirus outbreak. Contact [www.popbug.co.uk](http://www.popbug.co.uk) for more information.



**Community Watch**  
*Neighbours helping Neighbours*  
**East Dean, Friston, Birling Gap & Crowlink**

**Coronavirus!**

**Here to Help**

Community Watch, with its band of cheerful volunteers, will continue to help with a variety of practical tasks throughout the coming weeks. The focus, however, will be on supporting residents in isolation via contact with friendly telephone support. Nobody needs to feel alone so don't hesitate to ring this East Dean number: 423311.

Community Watch will respond as usual to calls for help in attending **routine** appointments and for collecting prescriptions from the surgery or pharmacist. In addition, we can offer assistance with computer problems, small D.I.Y tasks, or walking your dog. Shopping help - if goods are ordered and then collected for you from the ED Barn Stores or the Butcher, items will be brought to your door. It has been agreed that cheques are acceptable for payment.

**Phone 423311 or 423101 or 423611 for help with any of these tasks.**



**Church Services** at East Dean, Friston and Jevington are currently suspended, however, East Dean church remains open during the day for private prayer or meditation. "Virtual" Sunday services are being uploaded online and these can be accessed at [www.edfj.co.uk](http://www.edfj.co.uk). If you need pastoral support you can contact the Rector, David Baker, on 423266.

• **Finally, here is a reminder of the main Health advice to minimise the spread of Coronavirus.**

- Wash your hands with soap and water often – do this for at least 20 seconds. Use hand sanitiser gel if soap and water are not available.
- Keep at least 2 metres (3 steps) from other people, particularly people over 70. Avoid close contact with people with symptoms.
- Avoid travel on public transport. Work from home, if you can.
- Avoid mixing with large groups of people.
- If you have any symptoms (temperature, cough, short breath) remain isolated indoors for at least 14 days.
- The NHS will contact you by Sunday 29<sup>th</sup> March 2020 if you are at particularly high risk of getting seriously ill with coronavirus. You'll be given specific advice about what to do but you may need to self-isolate for several weeks. Advice and assistance will be given.



