

CORONAVIRUS SUPPORT

Newhaven, Denton, South Heighton and Mount Pleasant.

Useful Contact Numbers – Food Deliveries and Shopping

- **Denton community support:** 07515 054209 or email dentonchallenge@gmail.com
Church and community volunteers will help with picking up shopping etc and phoning people to check up on them. For residents in Denton, South Heighton, Mount Pleasant and Tarring Neville only.
- **Londis – Newhaven:** £25 min spend plus £2.50 delivery. Call 01273 640202 9-11am and leave message.
- **Wiltshire Farm Foods:** another well-known company will deliver frozen ready meals.
0800 077 3100
- **Flying Fish, Denton:** are keeping a small stock of essentials for locals. Call Vikki 01273 515440.
(Will also deliver locally by prior agreement)
- **Elite Fine Foods, Newhaven:** phone 01273 616400 and prepay with card, then collect.
Normally sell to trade - now open for food sales to public. Wide variety of food & may be able to offer vegan food and provide for special diets, to some extent. (Note large catering size portions)
Now offering delivery on orders over £50.
- **CTLA:** 01273 517332 – Offering help with essential shopping deliveries & prescriptions.
- **Newhaven Bakery:** run by Leon Tomsett – 07340 734328. Newhaven deliveries.
- **Wholesome Foods Peacehaven:** 01273 579579. Payment by card at time of placing order and will deliver. Minimum order £20 no delivery charge.
- **C. Walbrin & Sons Family Butcher, Seaford:** for elderly customers who are isolated they are offering home delivery over £10. Call 01323 892781

Other Useful Contacts

- **Repeat prescriptions:** 0808 164 7678 - Prescription Ordering Direct open 8am-4pm Mon-Fri.

- **Prepayment meter help** - https://www.moneysavingexpert.com/news/2020/03/energy-firms-move-to-help-customers-unable-to-top-up-due-to-coro/?fbclid=IwAR1VaXoBtrptLByWZkDlqFz5SM7z11KUaST42jluEOL2mfHxrPgF_keDDm4
- **Age UK's** free advice line: 0800 678 1602, 8am to 7pm, 365 days a year.
- **The Silver Line:** a free confidential helpline providing information and friendship to older people, open 24 hours a day, every day of the year on 0800 4 70 80 90.
- **Care for the carers:** 01323 738390.
- **Lewes District Council:** <https://www.lewes-eastbourne.gov.uk/community/covid-19/> For community advice and info about council tax, waste and recycling, housing, benefits, food bank and what to do if you're worried about someone.
- **East Sussex County Council:** <https://www.eastsussex.gov.uk/community/emergencyplanningandcommunitysafety/coronavirus/> Coronavirus support and advice, and service updates. Register to volunteer to help.

Safeguarding

- **Single Point of Advice (SPoA):** If you are worried about a child or teenager phone 01323 464222 or go to www.eastsussex.gov.uk/childrenandfamilies/worried-about-a-child .
- **Adult Social Care:** If you are worried about a vulnerable adult who may be being abused, neglected or exploited, please report this to Adult Social Care on 0345 60 80 191 or report your concern online here - www.eastsussex.gov.uk/socialcare/worried/report

Domestic abuse

- **National Domestic Abuse helpline number:** 0808 2000 247
Domestic abuse or violence is a crime and should be reported to the police - there are also other organisations who can offer help and support. Report online here <https://www.gov.uk/report-domestic-abuse> Call 999 if it's an emergency or you're in immediate danger.

Social media support

There's a 'Newhaven COVID-19 Mutual aid group' on Facebook. Also check the Next Door app for smartphones or go to <https://nextdoor.co.uk/> where local residents can offer or ask for help.