



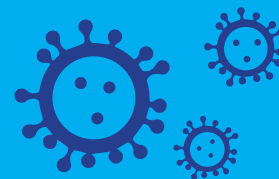
# Coronavirus: need help?

Your community  
hub is here!



# 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](http://www.lewes-eastbourne.gov.uk/requestsupport)

#### Lewes

01273 099956

[www.lewes-eastbourne.gov.uk/requestsupport](http://www.lewes-eastbourne.gov.uk/requestsupport)

#### Hastings

01424 451019

[www.hastings.gov.uk/my-council/covid19/help](http://www.hastings.gov.uk/my-council/covid19/help)

#### Rother

01424 787000, opt 4

[www.rother.gov.uk/community-support](http://www.rother.gov.uk/community-support)

#### Wealden

01323 443322

[my.wealden.gov.uk](http://my.wealden.gov.uk)

If you would like to request this information in a different language or format contact [esccoronavirusenquiries@eastsussex.gov.uk](mailto:esccoronavirusenquiries@eastsussex.gov.uk)